



## David Fairlamb THE FIT FACTOR

### LIFESTYLE CHANGE

Longer and hopefully warmer days are on the horizon – start to make healthier food choices now in order to feel and look better in your summer clothes. It all starts with your shopping list!

Don't miss David's tips every Saturday in your Journal

**T**HE effects of regular sprinting on your health, body composition, fitness, strength, and your susceptibility to disease are hugely impressive and is one of the best forms of exercise that you can do. However, many people do not have it in their regular workout regime, this is why you should:

1. You can shed fat fast – sprinting more readily targets body fat loss and boosts your metabolism as it works big muscle groups. Weight loss isn't just about eliminating any old kind of body mass. It's about losing body fat while preserving or even gaining muscle and bone. Sprinting appears to be excellent at eliminating body fat without the negative impact on muscle mass

2. Increase your power and speed – by training explosively, you target your fast twitch muscles. This means faster gains in terms of muscle building and improvements in your running and cycling speed. If you train for speed, you will gain speed.

3. Strengthens your heart – the higher intensity workout of sprinting makes your heart work harder which improves circulation and lowers your blood pressure.

4. Improves your endurance – sprinting also helps with long distance running. Working at

maximum capacity will build your oxygen uptake and increase the time it takes for fatigue to set in. The power gained will also allow you to lengthen your stride length, therefore improve your long-distance running.

5. Save time - for those who are short of time, a sprint workout dramatically cuts your workout time.

6. Build mental strength - pushing out of your comfort zone will help you become mentally stronger and feel more resilient and able to deal with other aspects of your life.

7. Train anywhere – whether it is at your local park, a beach, a set of stairs or at an athletics track, there is always an area where you can complete some sort of short sprint.

*If it doesn't  
challenge you  
it doesn't  
change you*

#### Motivational quote of the day

Try this sprint workout: give yourself a good warm-up, allow around 10 minutes, then with intensity pushing yourself out of your comfort zone

6-10 x 100m sprints with a slow jog or walk back to the start recovery.

Add a cool-down and a few leg stretches to finish.

This workout can be completed in under 35 minutes and you will feel like you have worked hard.



> Sprinting can be a time-saving way to get into shape