



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Summer is over, and September is a good month to get back into a routine and make some positive lifestyle changes. Why not make a commitment to yourself and try a few different types of training sessions and feel incentivised?

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

CONGRATULATIONS to all those who completed the Great North Run, it was a superb spectacle and the crowds made it another triumph for the North East.

Consistency is the key to anything in life, therefore why not try to keep your training going so you can reap the benefits all year round and also improve your general fitness, speed, endurance and quality of running.

Here are a few examples of how to do that and vary your training:

■ **Improve your stride** - you will be in a stride pattern that is comfortable and effective, for now. Learn to lengthen your stride over a shorter distance, your body will adapt to this, then overtime you will be able to keep the rhythm for much longer. This will lead to better run times and greater efficiency.

■ **Strength** - Find some different hills of varying lengths and gradients. After a good warm up, power up them as hard as you can, if is only a quick walk that's fine, everyone's levels of speed is different. Your recovery is to walk back down. Aim for a minimum of four and a maximum of 12 depending on your fitness. Hill running will make you stronger, faster and healthier as it is excellent for

developing your cardiovascular system.

■ **Speed** - Find a surface other than concrete ideally with a bit of give such as grass or the beach. Mark out around 80 metres build up your speed for 40 then hit it as hard as possible for the final 40. Your recovery is a slow walk back, then repeat eight to 12 times. This will help with speed, strength, muscle tone and power endurance.

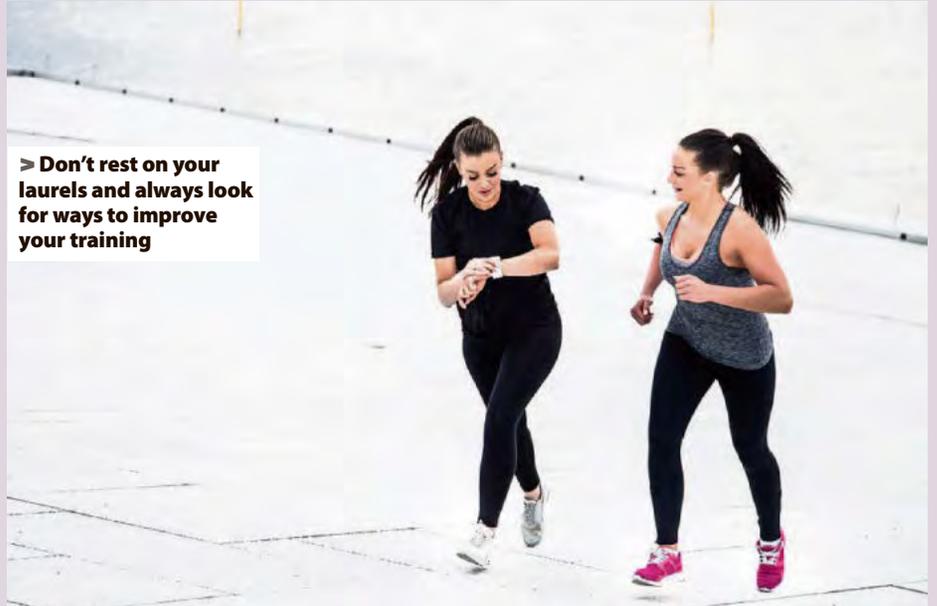
■ **Mark out a course** where you can put all this together. Concentrate on lengthening your stride, make sure some hills or steps are involved then add a number of short sprints within the run. This will vary things up, stops the boredom of running at the same pace, improves your fitness and helps you shed more calories.

■ **Running is so convenient**, it is just a case of finding 30-40 minutes stepping outside and going for it. The health benefits are huge, including a positive mental impact. Running can help relieve stress, make you feel happier, focused and more alert and also improves sleeping patterns.

Running is just as popular as ever as the Great North Run proved last week. Why don't you give it a go and see how consistent training works in all areas of your life?

Running teaches me I am capable of so much more than I ever imagined

Motivational quote of the day



> **Don't rest on your laurels and always look for ways to improve your training**

FITNESS TIP

Learn to stay relaxed as you train. The harder you push your body the more you will want to tighten up, leading to loss of technique. This will affect your performance, especially running, as your stride will shorten.