



## David Fairlamb THE FIT FACTOR

### FITNESS TIP

Mix your training up, add power work if you are an endurance athlete and vice versa. Research shows it can help and team sport players have the best of both – therefore keep the mix of training going to improve your overall fitness.

### NUTRITION CORNER

Make sure you and your family drink 2-3 litres of water per day, especially in the summer heat as it's hugely important to keep hydrated and look after your body. Just a 1-2% drop can make you feel tired and lethargic, be aware of the importance of making this a healthy daily habit.

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**R**ESearchers have discovered that team athletes have similar aerobic stamina to endurance athletes and a similar jump range to power athletes.

The research from Manchester Metropolitan University says team sport players are as good at endurance as long-distance runners and as powerful as bodybuilders - and it is down to their blend of training. The key is to combine strength and endurance training.

The research team compared the performance of three different groups of male athletes, who trained at least three times a week in their sport:

- 87 endurance athletes, such as road cyclists, skiers and distance runners;
- 77 power athletes, such as sprinters, bodybuilders and throwers;
- 64 team athletes involved in football, basketball and volleyball.

The athletes were all tested

on muscle power, how high they could jump vertically from a standing position, and their ability to use oxygen during intense exercise - a measure of aerobic endurance.

The study showed team athletes actually had the best of both, which they had not expected to find. It shows that endurance training for power athletes and power training for endurance athletes is not detrimental.

Bodybuilders often have the thought process that any kind of endurance training would result in them losing muscle mass and reducing their performance levels. However this showed it's not the case.

These results are not just relevant to elite athletes but to anyone taking part in sport. In other words someone whose body make-up is more suited to endurance or power work will not be harmed by introducing exercises of the other type.

We cover all areas of fitness in our sessions including endurance and power. Combining the two works incredibly well and we monitor the results every few weeks –therefore our training certainly lines up with these results. Of course we work to each individual's need and goals.

If you are an endurance athlete it makes sense to bring in some power work into your training and vice versa, you may be surprised how much it helps.

*Strong minds  
suffer without  
complaining.  
Weak minds  
complain  
without suffering*

**Motivational quote  
of the day**



**> Training for running and training for strength may not be the very different disciplines you thought they were**