



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

► Make yourself feel good, push the boundaries and sprint. Evidence shows the release of endorphins stimulates confidence and self-belief, making you feel positive.

FITNESS TIP

► The harder you try to sprint, the more likely you are to tense your body, therefore reducing your stride length. Try to stay relaxed, concentrate on being light on your feet and drive your arms, holding good technique is key to speed.

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

Dreams and goals - achieving either enhances your quality of life

Motivational quote of the day



RESearch shows fewer and fewer people are pushing their bodies through sprinting after the age of 35. Sprinting is one of the most powerful body shaping exercises and is one of the most effective ways to torch body fat.

But sprinting also has many benefits beyond physical ones, such as providing stress relief and building self-discipline. Here are some of my thoughts on the benefits associated with sprinting.

■ Builds strength - Sprints are a type of anaerobic exercise, this means they will trigger muscle-building, helping to define the glutes, hamstrings, and quads shaping your lower half. Your body will become leaner, enabling you to run faster and more efficiently.

■ Works your abs - Many abdominal workouts in the gym are based around resistance training, but very few will give you the same overall results for fitness, explosive strength, speed and the physique that sprinting does.

■ Shoulder workout - It's important

for your arms to have a full range of motion while sprinting. This will help shape your shoulders and upper back. Driving your arms also helps to improve your speed and hold your form.

■ Builds mental toughness - Sprints are a challenging workout, there may be moments in your workout which challenge your ability to finish. It is therefore important to hold your pace and technique. Pushing through the discomfort and finishing your workout will enable you to build your self confidence both in the gym and in everyday life.

■ Saves time - The short sharp workout of sprints is much more time-effective than jogging for an hour. If you are struggling for time, they are a great way to maximise your workout with half the time and probably double the calorie burn depending on the type and duration of the session. Make sure you warm up before starting your session.

■ Reduces stress - Sprinting, like other forms of exercise, produces

endorphins which are chemicals in the brain which act as natural painkillers and provide you with that feel good factor. The release of endorphins stimulates confidence and self-belief, especially post-workout.

■ Improves endurance - Doing sprints is one of the most efficient ways to build your endurance. Training at maximum speed on a sprint will improve your endurance capacity, increase your oxygen uptake and lengthen the time it takes for fatigue to set in. As sprints train the body to burn fat for fuel, it preserves muscle glycogen, prolonging work capacity.

■ Weight loss - Sprinting can be an important part of your workout routine. Interval training raises your metabolism and burns fat faster than low intensity workouts. Running as fast as you can, or sprinting, makes you breathe harder, so it increases the amount of oxygen in your blood. This strengthens your muscles and raises your metabolism and heart rate. Performing short sprints also raises your heart rate more effectively than low intensity training.