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THE FIT FACTOR

LIFESTYLE CHANGE

If you are looking to make healthier food choices now in order to feel and look better this summer, review your weekly shop and make healthier/leaner choices – this is where it starts.

FITNESS TIP

If you are looking to target and strip body fat add sprinting to your weekly fitness regime

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

THE 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 because 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. 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 improving your long-distance running.

5. Save time. For those who

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

**Motivational quote
of the day**

are short of time, a sprint workout dramatically cuts your workout time as the session is quick and intense.

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's at your local park, beach, a set of stairs or at an athletics track, there is always an area where you can complete some sort of short sprint.

Try this sprint workout:

- Give yourself a good warm-up, allow minimum 10 minutes, then with intensity pushing yourself out of your comfort zone

- Between six and 10 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.

► England players sprint during a training session before the start of the Euro 2020 tournament last month. But you don't have to be an international footballer to benefit from sprinting

