



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

If you have a fitness routine or even walk the dog each day, look to add some quicker bursts. This will help you burn more calories and increase your muscle strength and endurance.

FITNESS TIP

Mix your interval training up by continually changing resistance, speed, times and rest periods. This way you are constantly asking your body to adapt to different times and levels of training.

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

FOR decades athletes and fitness fanatics have added short bouts of strenuous exercise to their workouts to boost their performance, known as interval training.

The ever emerging science and huge evidence of its health benefits for all sorts of people, including those with heart disease, means this type of training has now moved into the mainstream.

HIIT or tabata training are all different names for interval training, the workout alternates between periods of high intensity and lower intensity activity.

You can do intervals during any type of exercise - walking, running, cycling, swimming, or even press ups or squats.

It's all relative, those who can only walk intensify their workout by adding small bursts of quicker pace or incorporate steps or hills.

Intervals are about you adding a

bigger effort for a shorter period of time.

The benefits can be huge, and for some life-changing both physically and mentally. Here are just a few of the positive changes I see on a regular basis with clients:

- The latest research shows performing interval training while on a weight-loss regime showed a 29% greater fat loss than training at a constant pace. I see much greater body fat reduction through this type of training.

- Higher intensity bursts leads to greater gains in muscle strength because you are working your body much harder. Not only do we monitor the gains, we can see them on clients.

- Overall fitness improves because your body can tolerate more of the

muscle burn (lactic acid). By working harder your body and mind will adapt to a tougher session.

- Your mental toughness improves because you learn to push out of your comfort zone. This is not restricted to the gym, this gives you much more confidence and self-belief in everyday life.

- Post-interval workout leaves a distinct feeling of being worked, whereas slogging away on a bike or treadmill for an hour often leaves you with a more tired feeling - there is a big difference. You do not need to train for long to see and feel these benefits, it's all about the intensity.

- Interval training supercharges your metabolism. By this I mean after a tough interval session your metabolism (not heart rate) can still be burning more calories, than normal for up to seven hours after your session. This is not the case for a moderate workout.

- Shorter, sharper and quicker bursts help to increase your speed



► Hill training at David's Tynemouth Beach Bootcamp

and boost your metabolism.

- Interval training also helps avoid injuries associated with repetitive

overuse training common in endurance athletes, especially runners. Training harder for shorter periods can help with these issues.

Life is like exercise – the harder it is, the stronger you become

Motivational quote of the day