



RUN LESS, LIFT MORE

The body constantly seeks to maintain a homeostatic or balanced status, whereby all of the body's systems are operating harmoniously. These include the immune, metabolic, cardiovascular systems and the body's hormonal levels. These are some of the important components required in order for your muscles to perform during exercise & everyday activities, and your body feeling comfortable.

When you exercise regularly you place your body under physical stress that provides a stimulus where the body is shocked and recognises that it needs to adapt, making the internal communication of our nervous, metabolic, cardiovascular, lymph and muscular systems sharper and better equipped to deal with its stresses placed upon it during exercise so that next time it is under the same stresses it will be able to cope with demands better.

So what does this mean?

With this understanding you can progress your training by targeting the muscles and type of cardio system used for your particular activity/sport so that your body is provided with the right physical stress so that it adapts to your chosen sport. For example: in the case of triathlons, marathons and half marathons, training could be made more time efficient by 'lifting more weights, and running less!'

Should weight loss or fat loss, be your goal for training, most people are under the misguided assumption that the more they run, the more fat they will lose. Furthermore, should they be training for marathons and triathlons the common belief is that the best way to train for this is to run because their marathon conditioning will improve, right?? Wrong!

The problem is, the more miles you log can make you more efficient at running, true. But it also stops adapting and improving to a point because you are just going through the motions of the same old thing with each training session. This is fine if you enjoy running and just want to cruise along but if your goal is to constantly push through new barriers and improve, you need to give your body something to think about. New patterns to adapt to. Also other effects can take over such as injuries and boredom! So keeping the body responding to the correct stimulus variations is key. More efficient running is achieved by placing different types of stress on the muscles.

Fine, but how is this achieved?

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'Some people want it to happen, some people wish it would happen, other makes it happen'



If you fancy the challenge and want to see if this hypothesis works, your runs now will be a maximum of twice a week lasting no more than 25 minutes although will be run at high intensity with no rest. With the introduction of resistance workouts 3 times a week also maintained at a high intensity. Exercises such as squat, bench press, upright row, bent over row and lunges need to be incorporated.

Come join me and my crew to learn exactly how we do it. Have a go! We meet in Fitness First Streatham at 12pm 24th September to go through your free fitness 'Run Less, Lift More' Programme and take part in the session!

Committed to your success,
Tom Robinson

P.S Robinson Fitness is better for than any Fitness video, and he's interactive!

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