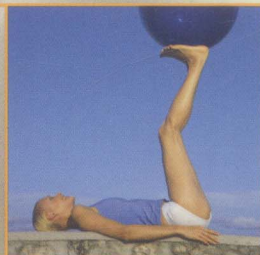
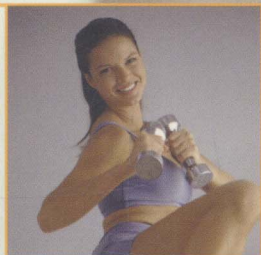


ultra
FIT

**YOUR OWN
PERSONAL
TRAINER**



John Shepherd



YOUR OWN PERSONAL TRAINER

John Shepherd

A & C Black London

ACKNOWLEDGEMENTS

This book is dedicated to my mother and father Joyce and Stanley Shepherd.

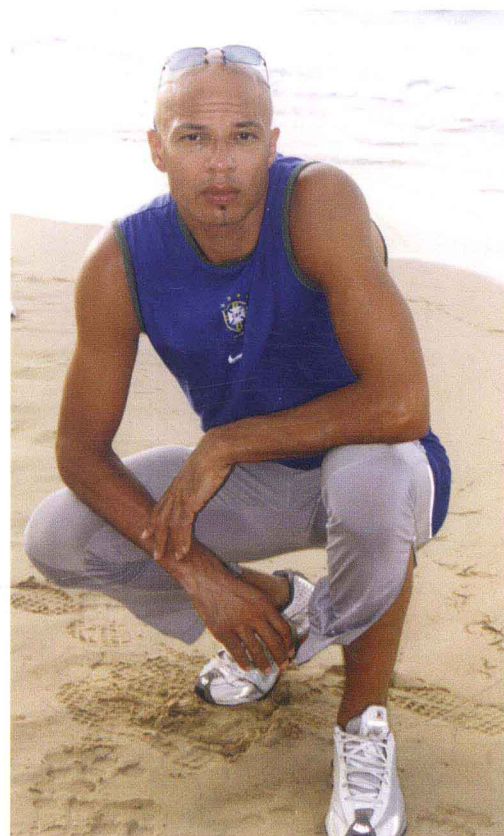
Over my years as a sports fan, physical education student, athlete, gym instructor, coach, leisure centre manager and health, fitness and sports journalist, I have had the pleasure of meeting many people who have informed and taught me much about fitness training. Specifically, I would like to thanks Charles Mays (publisher and editor in chief of Ultra-FIT Magazine) who a number of years ago thought that I might make a good writer. Mark McKeon (Ultra-FIT consulting editor) and Andrew Hamilton (fellow Ultra-FIT contributor), both of who provided valuable comment and motivation in the writing of this book. I also want to acknowledge the help given to me by my friends and personal trainers Jai Garcia and John Monroe, who took time out from their busy schedules to advise, listen and comment on what 'makes a good fitness book'.

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Special thanks to my partner Glenn and brother David for supporting me on this project and our children, Jason, David, Rae, Kwame, Ashan and Danya for some fun fitness!

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INTRODUCTION

This book is aimed at everyone who wants to enhance their quality of life through improved fitness, and develop what we at *Ultra-FIT* magazine call a 'fitness lifestyle'.

Ultra-FIT is the UK and Australia's number one fitness lifestyle magazine. We've been bringing the best fitness knowledge, stories and trends to tens of thousands of men and women since our first issue back in 1989.

You should not be put off by our title, as this book (like *Ultra-FIT* magazine) is aimed at anyone wanting to improve their level of fitness – you don't have to be 'ultra-fit'. Whether you're just thinking about joining a gym, have recently become a new member, or are in your tenth year of working out you'll discover all the information in the following chapters that will enable you to understand fully the physical, mental and social processes involved in getting and staying fit.

Using the straightforward explanations and sample programmes provided in this book, you'll find it easy to understand and apply fitness concepts and knowledge to your personal fitness quest. Each chapter addresses a common fitness issue, like fat burning or cardiovascular training, and provides you with all the information you'll need to be able to understand, devise, develop, progress, fuel, stick to and *enjoy* your training. In short, this book will enable you to develop your own fitness lifestyle.

Fitness training should be enjoyable but, like anyone else who has worked out regularly, I know that at times it's not. We'd all rather put our feet up and watch TV some days, than pound away on the treadmill, eyes glued to the LCD display. With this book, however, I hope to make these occasions more of a rarity, and the goal of your own fitness lifestyle one that is eminently achievable. Of course, you need

to take a realistic approach to this: working out is not always about perfectly formed physiques, 'treadmill smiles' and a great feeling after every training session. Often, the quest for fitness is a difficult one – more long haul than overnight journey. I acknowledge this and have provided you with valuable insights into how to last the fitness lifestyle course, by making working out an integral part of your life. We've all got a host of responsibilities and pressures, and sometimes there just doesn't seem to be enough time for anything else. But when you appreciate just what being fit can do for you, you'll be all the more motivated to find that time. There are just so many positive reasons for you to get in shape.

Joining a gym can be a daunting step. You might worry that it will be full of beautiful people who know their aerobic from their anaerobic training methods, and who work out to training programmes that keep them in peak condition. My experience though is that, while people are increasingly knowledgeable, they often don't know how to work out optimally and effectively. Training concepts often remain a mystery to them, and that's one of the areas this book aims to address.

The fitness industry often hypes itself up, offering wonder-workouts, wonder-machines and wonder-diets. Its desire to market itself in an attempt to entice new customers can confuse and over-complicate the basic premise of fitness. In this book I want to unravel its mysteries, simplify them and provide you with real, proven-to-work fitness knowledge that will offer you the best opportunity to attain your fitness goals.

This book, like *Ultra-FIT* magazine, will be your personal trainer, on call day and night to answer all your fitness questions.

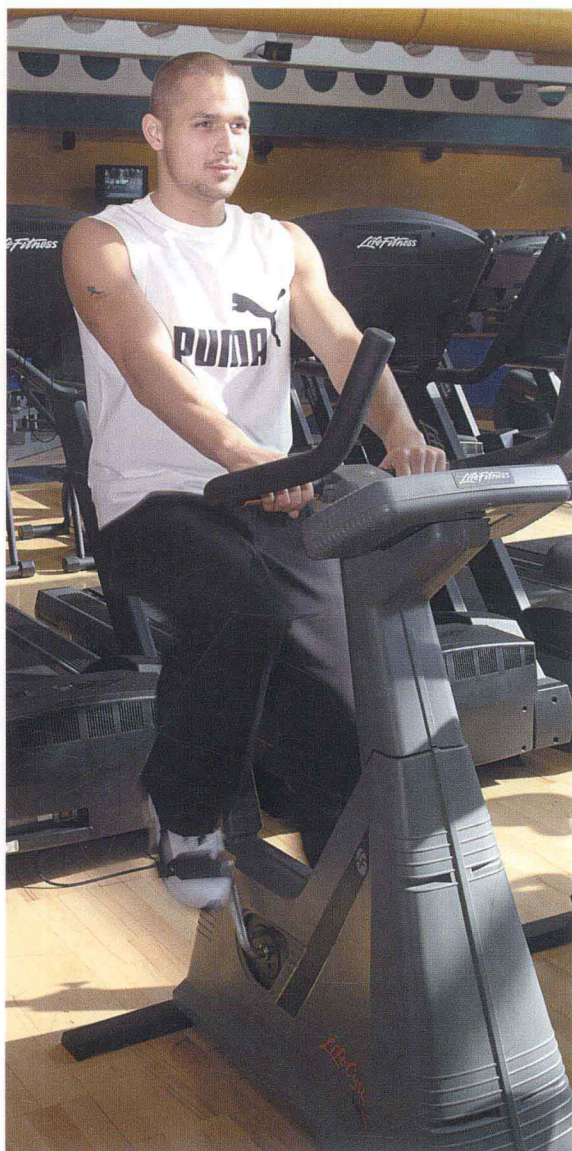
John Shepherd



1 Why

you should turn on your fitness lifestyle

As you read this book you'll learn more and more about how to improve your fitness. I'll provide you with the best techniques and strategies to get you running further and faster, developing stronger muscles, burning more fat and developing the body you want. But before you begin this journey, here are some really convincing reasons for adopting a fitness lifestyle.



BREATHE LIFE INTO YOURSELF WITH CV WORKOUTS

Cardiovascular (CV) training can add years to our lives. The intensity* at which this type of activity is performed can also make a difference. In a Harvard study, burning 400 calories through high-intensity CV workouts reduced mortality more significantly than expending the same number of calories at a slower pace. It also seems that, to a point, the more exercise you perform the longer you can expect to live. The Harvard study went as far as to theorise that for every hour of exercise, an extra two hours could be added to your life. As scientists believe the human body is designed to survive for 110 years this may well be worth considering. As a result, I'd advise you to take up any free life membership offers your gym may run!

* See Chapter 4 for a full explanation of CV training intensities.

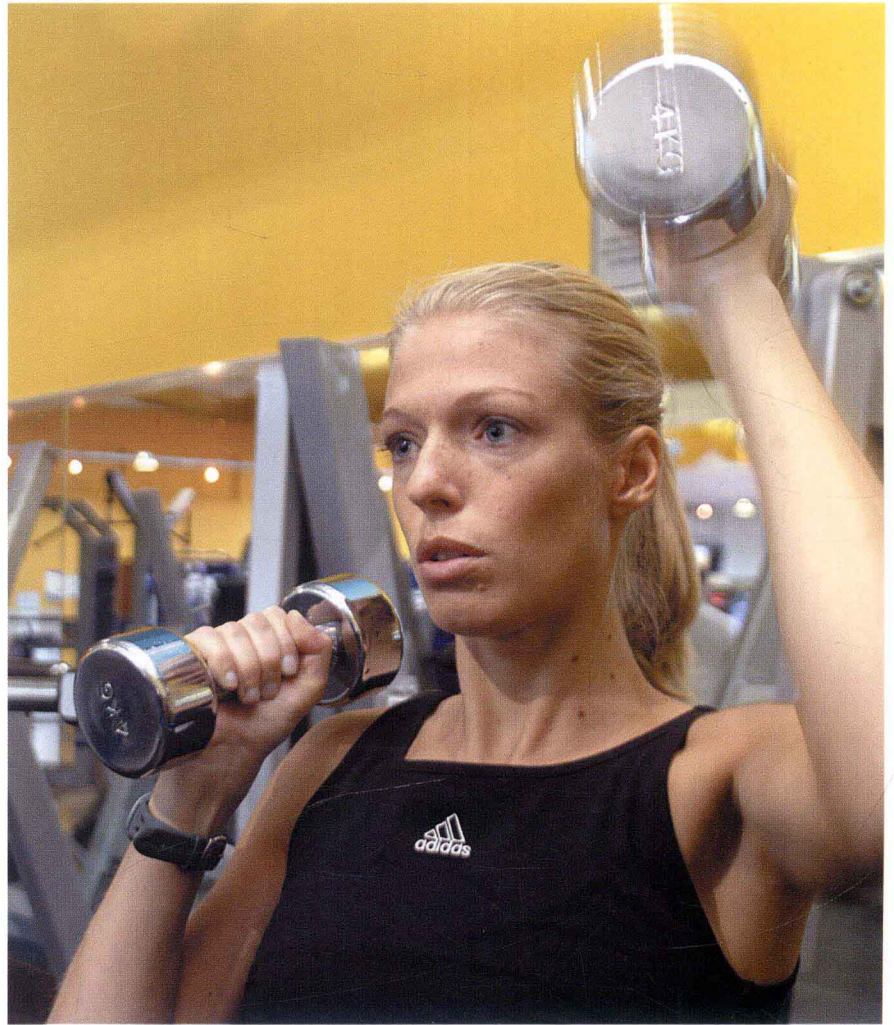
Fitness gains have no age barrier

Don't think you're too old to train. Here's some encouraging information. Our bodies respond to fitness training at any age. Individuals with an average age of 90.2 were put through a three-times-a-week eight-week weight-training programme. Their leg strength improved by a massive 174 per cent, and some of the participants were even able to throw away their walking aids.

Between the ages of 30 and 60 the human body need not deteriorate significantly provided that you exercise and maintain a healthy diet.

MAINTAIN STRENGTH, BURN FAT AND INCREASE YOUR METABOLIC RATE

We lose about 30 per cent of our muscular strength between the ages of 30 and 70 – that's if we don't do anything about it. This is the result of a decline in muscle mass and a drop-off in our body's production of growth hormone. Regular resistance training (weight training and body weight exercises) can maintain and even increase strength and muscle mass as we grow older, which can boost our metabolic rate (regular CV exercise can also do this). Metabolic rate has a very significant effect on whether our bodies gain or lose weight. If you can maintain or even increase it as you age, you will be a much more efficient calorie-burning machine and much less likely to develop unwanted body fat.



TRAINING TIP

Weight train and develop lean weight (muscle). Muscle burns up to three times as many calories as any other body part. The leaner you are, the more calories you'll burn, even with your feet up in front of the TV.

*A regular exercise programme can significantly
slow down the ageing process and better equip you for your older years.*

BOOST YOUR HEART

Heart and lung function can be significantly improved by regular CV training, irrespective of age. Middle-aged men and women who participated in regular CV training over a 10-year period displayed virtually no age-related decline in their CV ability. Had they remained sedentary they could have experienced a 10–15 per cent drop-off in CV ability for every decade that passed after the age of 30 and, perhaps more significantly, would have had a less efficient and potentially more disease-prone heart.

Exercise fact: remain flexible

As we age, we experience a decline in our flexibility. Our 'range of movement' around our joints can decline by as much as 30 per cent by our seventh decade if we do nothing about it. Regular flexibility training can prevent this deterioration.

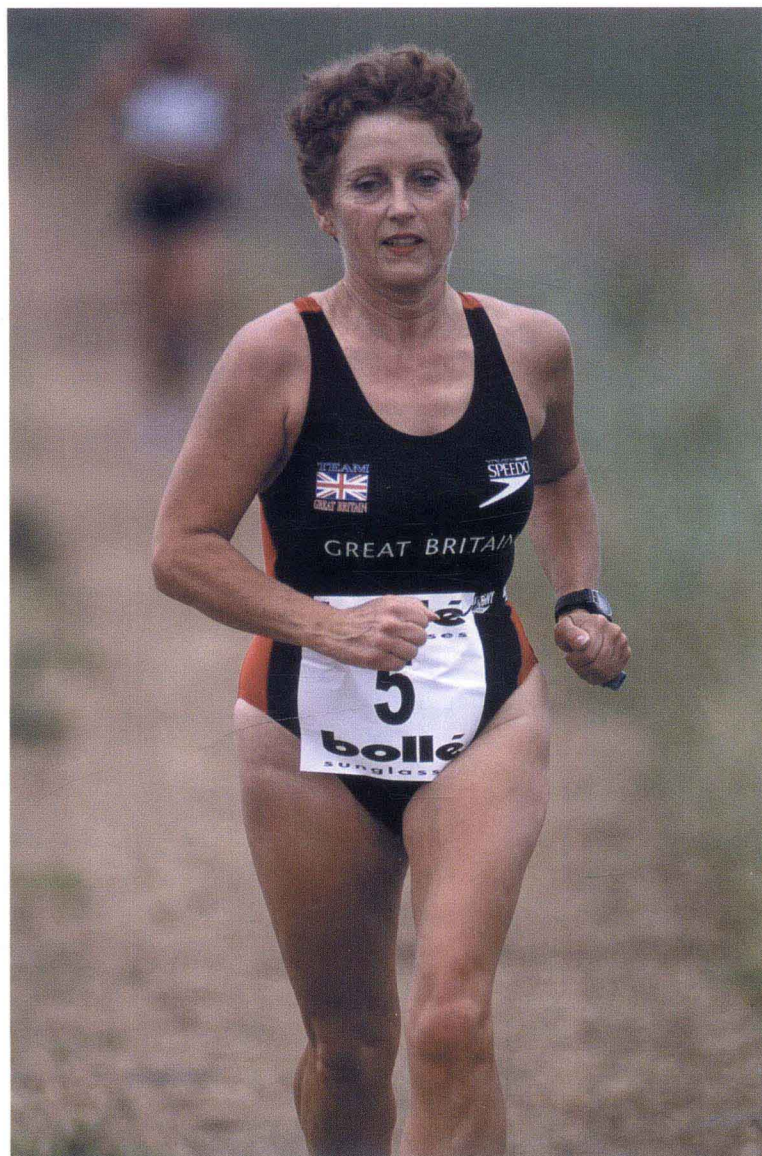
Exercise fact: remain speedy and agile

Ageing slows us down. You can expect a one per cent drop-off in your sprinting speed for every year after the age of 30, but the good news is that regular agility and speed work can significantly challenge this process.



Yoga and Pilates are great ways to maintain flexibility and strength (see Chapter 9).

ADVICE FOR THE OLDER PERSON



Daphne Belt

Daphne Belt took up the sport of triathlon at the age of 50. Since then, she has won numerous national and international titles. Here are some of her thoughts on the matter.

'If you are starting exercise later in life, you have to take it a little easier, perhaps not quite with the enthusiasm that young people go at things. You have to listen to your body. It might have been a long time since you really used your muscles and you should be careful not to overdo things at first. So do take a little more care of yourself, progress slowly, but don't wrap yourself up in cotton wool.'

Exercise can extend your life

Regular exercise can add years to your life. As soon as you sign up and commit to a fitness lifestyle the potential for longevity begins.

America's Harvard University carried out one of the largest ever surveys of the effects of exercise on longevity. It studied the lives of 17,000 men over a 22–26 year period and discovered that regular exercise, which involved burning 2000 calories (Kcal)* per week, increased their life span by two years.

* You can burn 2000 Kcal by performing approximately 4 x 1 hours of medium-intensity cardiovascular activity a week; see page 56 and 159 for exercise options and their calorie-burning potential.



CASE STUDY

Fit for life: Mavis Surridge

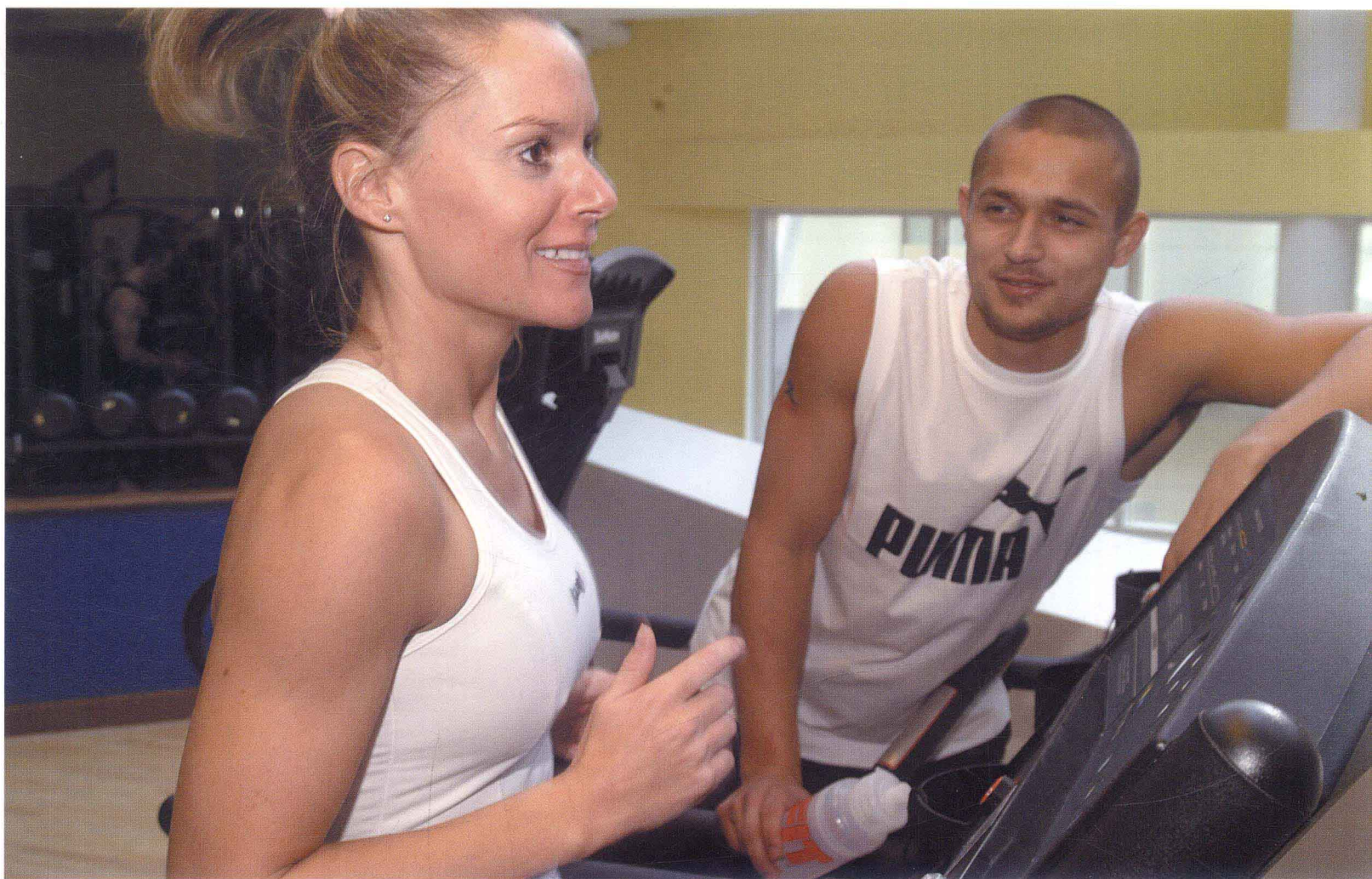
Indoor rowing is a sport that anyone of any age can do. Competitions are largely organised by and through Concept2, one of the world's leading manufacturers of rowing machines. The fitness benefits – improved CV fitness and strength – are the same whether you are 18 or 81. Mavis Surridge is 71 and a British and former world record holder in the 70-plus lightweight age group for the 2000 m race distance. Her best time is 9 minutes 22.6 seconds. But perhaps of greater importance than her rowing achievements is Mavis' lifelong commitment to exercise, which has significantly improved her quality of life. As she explains, 'I really feel the fitness benefits, I notice a difference with my breathing. I don't get out of puff, nor do I get any aches and pains.'

Mavis has always been active; she used to (and still does) play racquet sports. In her twenties and thirties she would regularly cycle 110–160 km. She still rides her racing bike to this day, three times a week.

Mavis incorporates weight training into her weekly workouts, which adds muscular strength to her high-CV fitness. This cross-training constitutes the ideal health and fitness combination.

Mavis exemplifies all the reasons why you should adopt a fitness lifestyle. As she says, 'I feel that I exhibit all the positive benefits of exercise. I am roughly the same shape as I've always been and am full of energy.'

See page 207 for Concept2 contact details.



EXERCISE AS THE BEST MEDICINE

Adopting a fitness lifestyle can increase resistance to numerous diseases.

Cancer

Cancer is second only to heart disease as the leading cause of death in many countries. It is caused by out-of-control cell duplication in a part of the body, which creates a block to the supply of nutrients and space needed for normal healthy cells to flourish. Stress, environmental factors, age, smoking and poor nutrition have all been identified as causes of cancer.

Prevention

Exercise can significantly reduce your chances of contracting cancer. Here's some positive reading:

- A daily workout can cut the chances of contracting breast cancer in older women by 20 per cent.
- A study of 2100 females aged between 20 and 69, who exercised for six hours a week showed that

they were 27 per cent less likely to develop ovarian cancer.

- Research from Taiwan indicated that men who exercised regularly had an 83 per cent lower chance of developing bowel cancer in comparison to sedentary men.

Cure

Numerous studies have also indicated exercise's role in the treatment of various cancers. Research carried out by the University of Alberta, Canada, which analysed 12 other studies, acknowledged this and noted that, with exercise, cancer patients experienced fewer bouts of diarrhoea, less pain and less fatigue, and also benefited from enhanced mood, reduced nausea and increased energy.

Coronary heart disease (CHD)

CHD is the number one killer in the UK. One in three people are at risk from suffering a heart attack because they are not taking sufficient exercise. Yet, three 20-minute CV workouts a week could drastically cut this risk. There are numerous reasons why this hour could add years to your life – exercise provides a release from stress and anxiety, improves body composition by reducing body fat and improves the efficiency of your heart.

Obesity

Obesity has reached epidemic proportions worldwide. At the turn of the twenty-first century, 20 per cent of people in the UK were classified as obese (see page 166 for a further explanation). It is estimated that this figure will rise to 25 per cent by 2010. Just as worrying is research which indicates that one in five of the country's under-fives are also overweight. Stroke, hypertension, kidney disease, diabetes, osteoarthritis, menstrual irregularities, heart problems, breast cancer and hypertension are just some of the medical conditions that can be attributed to being overweight. Adopting a fitness

lifestyle will keep your body within acceptable body fat and weight limits, and will significantly improve your chances of living a disease-free life.

Diabetes

Exercise can significantly reduce the development of diabetes in adulthood, it does this by normalising blood glucose levels and evening out our energy levels. One study indicated that men who exercise are 42 per cent less likely to develop diabetes than those who don't.

See how David Bloom used exercise to beat diabetes and a brain tumour, in the case study on page 11.

Arthritis

Up to eight million people in the UK suffer from arthritis. Exercise again provides a potential cure and treatment as it can reduce pain by strengthening and mobilising joints.

Always consult your doctor or physiotherapist before embarking on an exercise programme if you do suffer from arthritis.

Osteoporosis

Osteoporosis means 'a thinning of the bones'. It makes us more prone to broken bones as we age. It normally affects women but can also affect men. Resistance training and other load-bearing forms of exercise, like running, will bolster our bones against osteoporosis. These alter the bones' metabolic functioning and increase their density and mineral content.

Stress and depression

Stress, like obesity, is reaching epidemic proportions, but just a few hours a week spent exercising can significantly reduce its effects. Working out will bolster self-esteem and replace the negative feelings and hormonal responses associated with stress – anxiety and depression – with positive ones.

Three 20-minute CV workouts a week will significantly reduce your chances of contracting heart disease.

TRAINING TIP

Don't let exercise and your hectic schedule stress you out too. You should train seriously but not to the extent that it takes over your life. The fitness lifestyle must be a fun one.

LOOK BETTER AND FEEL SEXIER

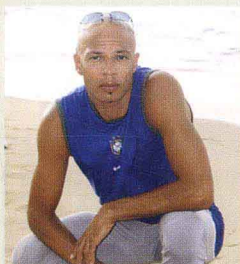
We are often concerned about the way we look. Maintaining a regular fitness and healthy eating routine will make us look and feel younger. We'll remain attractive and have a better sex life.

TRAINING TIP

Remind yourself why exercise will improve your health and increase your chances of living a longer, more fulfilling life. This should make it a great deal easier for you to adopt a fitness lifestyle. Don't think that you have to train like an Olympian to reap the benefits, as a relatively moderate amount of regular exercise will have a significant effect: two to three workouts a week that mix CV exercise and resistance training is all that is needed.



Personal reflections



I was an international long jumper in my younger days, and have always enjoyed training for speed and agility. At the age of 40 I returned to masters athletic competition (this is for men and women over the age of 35 and is organised in categories according to age). In my first year I ran 7.5 seconds for the 60 m, which was only three-tenths of a second

behind my previous best, which I set as a 23 year old. This goes to show that with the right training (and motivation) speed need not decline as significantly as might be thought. And, just as crucially, that age-related decline in physical ability can be challenged significantly.

If you're over 35, and would like to get involved in athletics at masters level, contact your local athletics club or the British Masters Athletic Federation at www.bvaf.org.uk. If you're younger, visit the UK Athletics website at www.ukathletics.net or, again, contact your local athletics club.



CASE STUDY

David Bloom

Be encouraged by David Bloom's story of how exercise helped him regain his health after a brain tumour and helped him cope with diabetes.

'I started an exercise programme to improve my strength following radiotherapy for a brain tumour, and the onset of diabetes. I was really weak and had lost my balance so much that I had to hold on to the treadmill bars when I started running to prevent myself falling. Prior to the illness I had played a fair amount of tennis but was overweight and really unfit so the illness came on top of an already bad base.

'Having a personal trainer to set and monitor my programmes was marvellous. My trainer is very patient and knows just how far to push me, even if I have been stiff on occasions. He also helped me to exercise regularly when I was too lazy to do so. Now, I only see him once a week and do the rest myself. I even find that I miss my exercise if I don't do it regularly.

'The single most important benefit of my exercise regime has been the control of my blood sugar, which is a well-known benefit to diabetics. Being a doctor, I knew this, but to see the glucose level fall and stay down for days after my workout is very gratifying. Furthermore, I have regained my strength and balance, and feel incredibly well.

'I am 59 years old and a management consultant in life sciences. This involves a lot of running around and travel that used to wear me out. I now have a lot more energy. My tennis has also improved and I find myself moving around the court faster and feel nearly as good as I did 10 years ago! My partner has been very supportive and, apart from nagging me to do more stomach exercises, has helped me to train.'

David Bloom's weekly workouts

- Two gym sessions
- Two or three games of tennis (including one lesson)
- One long walk
- Occasional swimming

Typical gym session

- Treadmill (uphill walking)
- Weights*
 - Lat pull-down
 - Bench press
 - Squats
 - Shoulder press
- Rowing (between 500 and 1000 m)

* See Chapter 5 for descriptions of these and other exercises.

