

STRENGTH AND WEIGHT LOSS

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Let's see how I can help.

There are three types of muscle, voluntary (lifting my arm to scratch my neck, it reacts to my command), involuntary (stomach and back, they keep me upright without having to be told) and cardiac muscle (which, in terms of health, is the most important).

Your motive to exercise is wonderful and should become a way of life in whatever form you do it.

In respect of losing weight exercise is the slowest and hardest way to achieve that goal.

The most effective way to lose weight is to 'make a deal with the kitchen'.

I suspect that your diet, by and large, is a healthy one. Hopefully, relatively meat free.

Current thinking is that sugar is deadly. Therefore a sugar free diet should/might be the order of the day. I lost 8kgs in 3 weeks by cutting out sugar (have put some back on but am still 4kgs lighter).

So our ideal equation should look like :

Healthy lifestyle = correct diet + regular exercise.

Exercising will tone and firm up the muscles, keep cholesterol down, lower levels of anxiety and stress and generally create a more buoyant lifestyle.

That should serve you well given your likely on-going workloads.

For a carry-over effect with exercise one needs to train a minimum of three times a week.

Do not rush the overall exercise regime but keep doing it at your pace, intensity and at regular intervals that suit your urge to train and with what time you have available.

Exercising as scheduled below will have minimal effect on the heart.

You need the treadmill, to run and walk at varying paces. At lower intensities the fat stores are used, which is good. Walking too fast will require the glycogen/glucose to come into action.

Fats stores are highly concentrated and therefore difficult to metabolise with oxygen after a certain increase in pace.

Go to my Website www.runningfromtheheart.net and under Articles you will find a paper by **Ross Tucker** entitled **Super Diet**. It's very good and you can also do your own research on Google.

Running, for me, is the ultimate exercise for the heart, the biochemical reactions within the body and the muscles in the upper and lower parts of the legs (the largest muscle group in the whole body).

After my years of experience in plying runners with strength work plus talking to some of the world's best coaches I deem the under-mentioned exercises the most appropriate in terms of specificity.

I would recommend, firstly, a full body stretch on the mat, then move onto any number of exercises from CT1 and/or CT2 but not more than five (5) for now.

Think in terms of an 'all body workout' or, in a session, tackling a specific area of the body ie arms and shoulders or stomach and back or upper and lower legs. Brad Pitt does the latter coincidentally.

Always have enough time to end the session with a minimum 20 minute, non-stop, run or walk on the treadmill.

To see what effect this is having (i) weigh yourself once a week when you wake up in the morning, before a meal and after the toilet, and (ii) when you wake up, remain prone, relaxed and count your pulse rate for a full 60 seconds. Record your pulse in the neck, the carotid artery, on your left side (the side of the heart).

I would suggest that to start you choose 5 exercises and do 2 x 8 repetitions.

I have placed an asterix next to those exercises where you can just use your bodyweight as resistance.

That would make for a gentle start.

Slowly everything be increased in terms of sets, reps and weight.

Strength Training Component

Strength/Circuit Training (1)		
8 Exercises		
Squats	*	
Bench Press		
Leg Extension		
Sit-ups	*	
Leg Curl		
Back Raise	*	
Leg Raise	*	
Alt Leg Thrusts	*	

Strength/Circuit Training (2)		
8 Exercises		
Leg Press		
Press-ups	*	
Alt Dumb Bell Press		
Step-ups	*	
Lat Pull Down		
Sit-ups	*	
Back Raise	*	
Double Leg Thrusts	*	

Good luck, stay healthy, focused and enjoy yourself. Do everything on your terms. Exercise done wisely can become addictive. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling in the body, similar to that of morphine.

Want some help? Contact me.

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