



Welcome to Mays newsletter, finally the sun is starting to shine, so after being cooped up in the office all day, getting out for some fresh air is a great start, the added benefit of the sun giving a free dose of vitamin D (make sure you have sunscreen), Vitamin D helps the intestine absorb nutrients such as calcium and phosphorus, thus ensuring strong bones and a strong immune system, Vitamin D also helps regulate blood pressure.

When training outdoors your mind becomes aware of the changing terrain, whether you use hills, the sand on the beach, or a winding bridleway your mind has to focus differently than it would on the flat gym floor, there are also many obstacles to use, a park bench for dips or step ups, a tree branch for squat jumps or chin ups, lampposts for speed work, playgrounds also make excellent training venues.

CONGRATULATIONS

Congratulations to Fiona and Julian who ran the London and Paris marathons respectively, both recorded faster times in this years over last year's marathon, both performed a lot of their training on hills, proving that basing a lot of your long runs on hilly terrain works wonders.

Well done to James who was back in the gym 10 days after major back surgery, I along with his surgeons are astounded by the speed of his recovery, we are having to be really careful not to get carried away though.

Challenge of the month was won by Robert Harris who scored an amazing 135 Russian twists. I am holding off on a challenge this month as next months will be linked into the website (unfortunately a slight delay on launch), there will be full video demo and a beat the trainer option.

FIT TIP – RUNNING

Next time you are out running, take a second to see if your breathing matches your stride. A new US study has found mixing up your breathing rhythm will allow you to use oxygen more efficiently.

Researchers examined athletes on a treadmill and found their most efficient stride was when they jumped between different sync patterns, breathing once every 3, 4 or even 7 strides, so don't lock your breathing into a 1:1 sync, no matter how natural it may seem.

The GRID

This is an upgrade on the traditional foam roller, it is designed to achieve the benefits that are associated with myofascial release therapy. It has 3 different textures to represent the different feelings of massage, fingers and thumbs, fingertips and the forearm or palm, it is a great piece of kit to spend 5 mins a day on, it will not only help your muscles recover faster but will also help them become more flexible.



The exercise shown above is IT Band massage, this is the thick tendon like structure that runs down the outside of your thighs, many runners suffer from a tight IT band, I can see many of you runners nodding at this.

Lie on the GRID on your side, then slowly roll all the way from the knee to the hip, the more pressure that goes down onto the roller the greater the massage.

The Grid costs £45, if you would like to know more, or order one please let me know.

RESEARCH – MOST OF YOU WILL LIKE

A post training glass of red can maximise muscle gains. Alcohols stress relieving properties are well known, but there are natural compounds found in red wine that can help your body recover after exercise and rebuild muscle (according to a study published in the journal “Nutrition”).

Red wine contains Quercetin, which blocks an enzyme that sends messages to your kidneys to excrete testosterone, so drinking a small glass of red will help you maintain testosterone levels in the body and make the most of your workout.

Quercetin occurs naturally in other foods such as organic tomatoes, red onions and cranberries, the Quercetin in Green and white tea has a similar effect on testosterone for those who don't fancy a tipple.

FOOD

Skipping breakfast is a mistake: it will leave you hungry and prone to making bad eating choices for the rest of the day. Breakfast does not need to be complicated, five minutes is enough to make yourself something healthy

Energy porridge

50g porridge oats/ 200ml milk/ 1tbsp lemon/ handful of blueberries/ 3-4 strawberries/ ½ banana/ 2 tbsp. chopped almonds/ Honey to taste

Cook the porridge according to packet instructions then add the chopped fruit

Porridge is a good carbohydrate choice, oats are digested slowly and the berries are packed with antioxidants

Yoghurt Sundae

150g Greek yoghurt/ ½ apple, sliced/1 peach (fresh or tinned), sliced/ 1 tsp. nuts or seeds

Greek yoghurt has more protein than regular, around 11g in 150g and much less sugar. This will keep energy levels good till lunch.