

A Picture is Worth a Thousand Words

~ *Weight Training is SUPREME!* ~

A lot of women are still tied into the 'diet' mentality that says cardio RULES (with a wee bit of weights thrown in as an after-thought). THIS is one main reason why women don't see the shaping results they want! We want to MAJOR in weights and MINOR in cardio. This takes a big deal of mental strength to change this thought pattern! But as elite athletes, you MUST!

For women, especially those over 40, this is important for obvious reasons. We want to look good, and there's nothing wrong with that! And in this day and age, women are finally able to voice that and to own their power – "Yes, I want to feel *and* look great!" Awesome!

Let's look at it another way: I always say a picture is worth a thousand words, so take a look at the pictures of the marathoner versus the sprinter.



Now this is not to say I'm against long distance running, but as a woman, I don't want to emulate the body of a runner. The long distance runner's sport requires that his body *lean out* with its first focus on dropping the muscle. Why? Because the demands of the runner's goal is to run long distances with as little interference (muscle) as possible. Muscle is heavy and taxing to a runner, so the body will drop it in response with time.

This is why doing cardio *in absence of weight training* will cause you to lose muscle, the very thing a woman should want to hang onto in order to keep her metabolism revved up (your metabolism is in your muscles!) and her body shapely and sexy. This is also why those serious about weight training only do a max of 10 km of running a week, otherwise your body will start to drop its precious muscle.



That's why I do boot camp *on occasion*, or yoga as a supplement to my weight training. I like the look and feel of weight training, so I make that the focus of my week, and I train 4-5 times a week with minimum cardio (1-2 hrs total a week). I'll fill in with other things just to keep things fresh.

Now notice the sprinter's shapely, strong body. Sprinting is akin to weight training in that he has to use all-out force and has to 'power' through his strides, and exert as much force as possible, so his sport requires he use plyometrics and push heavy weights which creates muscle and shape. He's not 'saving his energy' like the marathoner is, he's going for it! And his metabolism is high given the extra muscle.

A note about varying body fat levels: Although the marathon runner is thinner, my guess is his bodyfat is quite high, which is the norm, because doing lots of cardio, as mentioned, causes the body to hold onto fat and let go of the heavier muscle in response. Normally runners have a bodyfat of over 30% although they are light, but they sacrifice shape for their sport of choice. But if your goal is to win a marathon, then that's got to be your main focus, right?

Exercise strategies: Am I saying don't run? Not at all. If your goal is to excel at running well, you've got to do the run. Period. But if you want to look a certain way (and we all do, let's face it, it's not just about being healthy!), look to the leaders of the pack – the instructors (hopefully the instructor is practicing her own medicine!)....is she someone whose physique and energy you admire? And do you want to emulate that?

Boot camp, Cross fit, water aerobics, running, sprinting, weight training.....decide what you want to do, what you like, and make that the focus of your training 3-5 times a week, and if you wish to fill in with other things, do so, but have some kind of anchor in your training, because doing a different thing every day doesn't make you excel at any one thing, it'll make you kind of good at a lot of different things. (Kind of like a Liberal Arts degree versus a Business Degree).

Decide how you want to train – *and look* – today.

Then do the work!

You *will* succeed!

Good luck!

