

# The 30 Pound Club

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January 5, 2012 – Grand Rapids, MI

## Interval Update

On New Year's Eve, I ran a local 4-mile race called The Resolution Run. It was a perfect day for winter in Grand Rapids—about 40 degrees with no significant wind. The reason I'm writing about it is that I surprised myself; I ran much faster than I had run up to that point either on a treadmill or track. It made me wonder why. I did have an XS Shot an hour before the race, so no doubt that helped. But what about my training could explain how I ran that much faster? I think it was the interval training that I've been doing, and using the principle I used might just help you with your exercise program.

Let's start by talking about interval training. You can read the Interval Training paper in the Health Info section of my website for more details on how interval training works and how to set it up. That paper explains how to get an intense workout in as little as 20 minutes, and I still use that when I'm pressed. But you can apply the same principle, high intensity with rest intervals, many different ways. What I've been doing is running for a specific distance on the track such as a quarter or half mile and then walking for about 90 seconds. On the treadmill, I've been running much faster than my normal easy pace of 10 to 10:15 per mile for 60 seconds, then walking for 60 seconds; I run the intervals between 9 and 9:30 per mile, alternating the work and rest intervals for an entire hour. The walking interval is just enough to catch my breath and it's off again. I've done similar things on the elliptical machine and the seated bike.

In effect, that gives me 30 total minutes of running at an average of 9:15 per mile. So when I hit the road Saturday, even though I didn't walk because I didn't need to, I ran at about 9:40 per mile for the entire race. That's not close to what I did several years ago, but it's a lot faster than I've been running recently.

How does this help you? No matter how fit you are or aren't, you can increase your fitness level by using work intervals with rest intervals. Let's say that you walk at about 3 mph for 30 minutes and that's about it. You'd like to cover more distance. You can increase the pace by walking a little faster, let's say 3.5 mph for a minute, and then walking slower for a minute. Just continue for 40 minutes instead of 30. It won't cause any more wear and tear and before you know it, you'll be walking faster which means you'll walk farther in the same amount of time. You can use the same principle on any piece of equipment.

Fitness is important, but the other benefit is that you'll burn more calories—that's a real benefit of doing interval training. If you really want to reach your health goals in 2012, consider interval training. Because it's really going to be:

One and Done.

What are you prepared to do today?<sup>TM</sup>

**Dr. Chet**



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