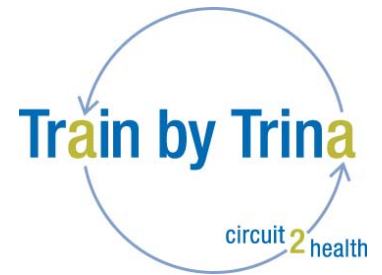




# April 2005



## The Variables of Fitness – FITT

Dear Train By Trina Readers,

As a trainer, I draw from a distinct body of scientific knowledge to create appropriate, individual cardiovascular and strength training routines for each and every client. This month, I want to share some of that knowledge with you to help bolster the results of your physical fitness regimen. If you find yourself hitting a plateau with your training, take a look at what you are doing. Chances are you have made your workouts too routine, which can result in boredom and lack of progress. It's time to rejuvenate your fitness by looking at all the variables of your training.

### **FITT – an acronym for Frequency ◻ Intensity ◻ Time ◻ Type**

The first thing we are going to look at is your cardio routine. The best way to lose body fat/weight and increase your cardiovascular capacity is to increase any one of the variables you are about to learn.

**FREQUENCY:** The optimal range of exercise frequency is 3-5 times a week. Doing anything less than this range may not be enough to produce an effective stimulus to improve your current state.

**INTENSITY:** This is the most important factor of all. It refers to how hard you are working during your workout. If you only have a half-hour make it a good half-hour. By increasing the intensity of your workout you will burn more calories. We measure this by taking your heart rate, and your goal should be to work out at your Heart Rate Max. This is calculated by taking a standard of 220 (heart beats/minute) minus your age. When you use a heart rate monitor you can measure the intensity at which you are working. This gives you an idea as to how physically fit you are, and provides a measurable challenge for you to benchmark your progress. A heart rate monitor is a good tool to keep you motivated. The numbers never lie!!

**TIME (or Duration):** The optimal range for exercise time is 20 to 60 minutes. If you are use to doing 30 minutes of cardio, gradually start to increase it by 5% per week to build up to an hour. There is another way to use time and that is by doing "intervals". Time and intensity can work together to make the workout fly by, when you alternate periods of maximum (100% all out) effort with a strong 85% effort. While on a stationary piece of equipment, time can seam never-ending, but by repeating a pattern like increasing your intensity for 2 minutes and then returning to base intensity for 2 minutes, you can create a harder workout then you expected and burn more calories then if you went for the same amount of time at a steady level of intensity all the way through.



**TYPE:** This is where exercise gets fun. By changing the kind of activity or the piece of equipment that you are on, you will be using different muscle groups and strengthen your whole body. Exercise that uses larger muscle groups such as walking, swimming, cycling and running will give you the greatest calorie expenditure, so try a combination of these exercises in your weekly routine, then add toning activities such as weight-training, yoga, or palleates. It is always a good idea to cross-train to avoid repetitive strain injuries, and with the great weather we are having, get outside and do something different. Challenge those muscles to a change!!

## Upcoming

- **Calling on all runners:** if you are looking for a running group of all levels I am developing a **Tuesday Morning Run Club**. Call for more info on location and times.
- **Stroller Fit** is coming up in June. If you know of any mothers and babies that would enjoy some outdoor exercise time together where they can strengthen, tone and bond with other mothers, please pass on my information. There will be three sessions running - in High Park, The Beaches, and Leaside. If you register and bring two other mothers with you, your session is half the price.

## Adventures for you

- Try something new. Your first class is always *free* when you try **spinning** at *Epic Cycling*. Here is the link to their website where you can find a class the fits your schedule.  
[http://www.epiccycling.com/spinning\\_schedule.htm](http://www.epiccycling.com/spinning_schedule.htm)
- Have you been thinking about doing a race but not quite sure what one or type? This is a really good website to look-up races for Triathlons, Adventure Racing, Mountain Biking and Ironman.  
<http://www.trijudd.com/index.html?0.9545845714917382> If you are looking for more **Train by Trina** tips, I write the tips section on this site.

**Have a great month and try something new.**

**Cheers,**

**Trina**