



# May 2006



Dear **Train By Trina** Readers,

I hope you have been taking inspiration from this incredible spring weather and have been walking and getting into other outdoor activities!

## May 2006 Newsletter

- Get ready to RUN!!
- Our **“Staying Motivated” CONTEST**
- Tune into Trina on Radio
- Stretch of the Month

## Get Ready to RUN!!

Your body is amazing how it adapts to the stress that you put it under. The adaptation or change we are looking for, of course, is a superior level of fitness measured through stronger muscles, greater cardio-vascular capacity and a leaner frame. And the way we effect that change is through the positive stress of exercise. At some point in your training, you will get to a level where your current activity (for example, walking 30mins most days) is not challenging enough for your body to incur any more changes. It is at this point that you need to do something more in order to keep improving your fitness.

Walking is a great way to begin a fitness program. How do you know when you have mastered walking and are ready to take on running?

Currently if you are walking briskly for 30mins and this is no longer “pushing yourself”, then you are ready for a run. When you started walking you did not just go out and do the whole 30 mins at once; you gradually built up to that distance. Similarly, if we are going to now introduce running into your fitness regimen, you should start with manageable running exercise and gradually add more challenge.

## BEFORE YOU START

Before you engage in a running plan you need to:

- Make sure you are in good health and are free of back, joint or muscle pain.
- Have a good supportive running shoe - not something that you wore in high school gym class, but something specifically designed for running.
- (For my women readers) invest in a quality sports bra that you can get at athletic stores. Lululemon also sells bras and clothing that will wick the sweat away from your body. [www.lululemon.com](http://www.lululemon.com)

## MAKING THE MOVE FROM WALKING TO RUNNING

Week	Walk	Run	Repeat	Total per session
1	4mins	2mins	3	18mins
2	4mins	2mins	4	24mins
3	4mins	3mins	4	28mins
4	4mins	4mins	4	32mins
5	4mins	4mins	4	32mins
6	4mins	5mins	4	36mins
7	4mins	5mins	4	36mins
8	4mins	6mins	4	40mins

Here is an 8-week program that you can use as a guideline to get you started. I am recommending a minimum of 3 sessions of walking/running per week. Depending on your current fitness level, how many exercise sessions you can fit into your weekly schedule (can you do more than 3?), and how easily you progress with the added running time, you may wish to accelerate this program.

Always start with a warm up; I recommend a brisk walk for 5 to 7mins before you do your first jogging interval.

As you can see, we have gradually extended your running time over the eight weeks as you get more and more fit. From here, after week 8, you can start to decrease your walking time to increase the challenge. Eventually you will be able to run steadily for your entire exercise session.

Always finish your session with a walking period of 5-7mins to cool your body down and then do some stretching. You will want to focus your stretches on your calves, thighs (both fronts of legs, or quadricep muscles, and backs of legs, or hamstring muscles), butt, and lower back.

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## “STAYING MOTIVATED” CONTEST

Now you have a plan that you can look forward to executing 3 times a week for the summer months of June and July. Here is your reward for the challenge:

If you think you are at a fitness level to move into running, I challenge you to do so by emailing [trina@trainbytrina.com](mailto:trina@trainbytrina.com) to say you would like to take on the challenge. If you successfully work through the program for June and July doing three times a week, you will receive 2 free Personal Training sessions in the month of August. The catch is *you must email me before June 5th if you want to take advantage of my reward offer and state your commitment to the program.*

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## FINALLY

Don't stress.... by moving your body you are a step ahead. Remember exercise can be fun. Get a group of your neighborhood friends to help motivate one another by taking on this challenge together. Then in August you can all train together. Create your own exercise fun!

## RADIO COVERAGE

If you have never tuned in you really should. Trina is on a radio program called ***From a Women's Perspective***, hosted by Marilyn Weston most Sundays of the month from 8 to 9am on AM 740. This is an informative talk show with fitness, financial, household and wellness advice.

## STRETCH OF THE MONTH



### Quadriceps Stretch

**Set up:** With one hand, hold on to the back of a chair for balance. With your right leg bent at the knee, draw your heel to your bum. Grasp your ankle of the right leg with the right hand. Stand tall with your upper thighs together.

**Stretch:** Keep the knee of the opposite leg slightly bent. With your knees parallel and thighs together, bring the heel of your right foot close to your bum. You should feel a stretch in the front of your right thigh. Hold for a count of 10. Breathe deeply. Slowly release and switch sides. Repeat 2 times each leg.

**Tip:** Keep your back tall and straight; do not arch and push out

*I invite you to share the knowledge that this newsletter provides. Please forward this email on to friends or associates that you think would enjoy and would benefit from Train by Trina services and information. Thanks for reading and enjoy this great spring weather!!*

Cheers,  
Trina



Photo by Walter Segers at Verity