

# Winter WORKOUTS You'll love!

Feeling uninspired by your training regimen? Trying something new and fun could be just what you need to keep moving. By Helen Foster

**So** during summer you're out there running, swimming or cycling – but come winter you're more likely to sit on the sofa than on a bike seat! Not this year. These great ideas will help you beat your winter exercise barriers.

## **BARRIER:** IT'S COLD AND WET

*MOST OF US DON'T HAVE TO BATTLE SNOW OR ICE, BUT THAT STILL DOESN'T MAKE LEAVING YOUR WARM HOUSE ANY EASIER – UNLESS YOU USE THESE IDEAS:*

### **SET SOME KILLER GOALS**

Did you know marathon times are fastest at temperatures around 12°C. The reason is that exercise simply feels easier when it's chilly. "Use this to your advantage," says Tina Rutzou from Beachside Personal Fitness. "Do shorter, more intense

workouts like interval training that aim to challenge your fitness and that perhaps you couldn't manage in summer."

### **PICK A WEATHER-BUSTING ROUTE**

If you are exercising outside, your location is key. "Beachside routes can be tough as weather coming off the sea can make life quite miserable. Also watch out for muddy surfaces which increase your risk of injury," says Adrian Holdsworth from Fitness First. "Opt for a suburban or business area as the buildings give some shelter. But if it is wet, be careful crossing roads – the lines on zebra crossings can be slippery."

### **'IT NEVER RAINS IN THE GYM'**

This is the winter mantra for trainer Mark Richardson from Body Language Personal Training. The gym can get boring though, which is why he suggests that if you exercise inside you try an EMFM workout.

"This stands for 'every minute for a minute' – it makes sessions fly by," he says. To EMFM, choose three to four exercises that work different body parts. Get a stopwatch, and when the clock hits 00 start your first move, doing as many reps as you can. When the clock hits 00 again, do the next move. Keep repeating moves, every minute, for a minute, until your session is over.

### **GET CLASSY**

There are a heap of exciting new classes launching that mean you don't need to train outside. The Grid at Virgin Active is 30 minutes of intense primal moves, while Athletic at Fitness First sees you dragging sleds or wiggling battling ropes to work your muscles.

Check out SurfSet, where you work your core on a mechanical surfboard ([surfsetfit.com](http://surfsetfit.com)), and Kettlebell AMPD, which combines kettlebell moves with pumping music ([kettlebellampd.com](http://kettlebellampd.com)).







**BARRIER:**

## **IT'S DARK WHEN I NORMALLY WORK OUT**

*WE DON'T BLAME YOU ON THIS ONE. IT CAN BE SLIGHTLY SPOOKY, OR EVEN POTENTIALLY UNSAFE TO WORK OUT ON DARK MORNINGS OR NIGHTS, BUT TRY THESE FIXES:*

**BE SAFE, BE SEEN:**

You know you need to wear brights to be seen in poor light, but fluorescent colours don't work – they only reflect under UV rays, not car headlights. Instead wear specific reflective clothing or reflective strips. Cyclists are more visible to cars if they put the reflective gear around their knees or ankles.

Runners can also benefit from reflective gear but should also use a head torch to see where they're going and what's under their feet as they move. "I just bought a baseball cap with a built-in LED light from the local hardware store," says Byron Bay trainer Jo Sharp from Sharp Moves. These are also available online.

**TRY FIXED-LOCATION TRAINING**

Rather than going for a long run or cycle that might take you into unlit areas, choose a well-lit path, a set of stairs or hill. "Do intervals running, cycling or climbing between two points within that same ▶



area as fast as you can," suggests Holdsworth.

### IF YOU DO RUN OUTSIDE, TRACK YOUR SPEED

Because we can only see things that are close to us when it's dark, we think we're going faster than we actually are, say experts at Western Washington University in the US. Account for that and measure your speed and distance with an app like *Strava Running and Cycling* or *RunKeeper* (both free from iTunes) to avoid your fitness level dropping during winter.

### EAT FOR YOUR REFLEXES

Training in poor light means you're more likely to call on your reflexes to help you to stop or swerve round an obstacle. So fill your winter diet with foods like spinach and eggs. These contain an ingredient called tyrosine that researchers at the Netherlands' University of Leiden have found improves reaction times – particularly in regards to stopping quickly.



### BARRIER: I LOVE TO SWIM BUT I HATE THE POOL

*IF YOU'RE A SUMMER SWIMMER, CHILLY TEMPERATURES MIGHT PUT YOU OFF YOUR SPORT IN WINTER, BUT HERE'S HOW TO HANDLE THAT.*

#### WEAR TWO SWIMMING CAPS

Yes, donning a wetsuit makes the sea seem more appealing, but the insider trick that adds to that is also doubling up your headgear. "Wearing two swimming caps keeps your head warm so you lose less body heat," says Paul Myatt from Sydney Swimmers. If you do wear a wetsuit, thinner is best and don't forget to

apply an anti-chafing gel to stop the rubbing.

#### GO HARD, THEN GO HOME

"Swim shorter distances and try and complete them in faster times. That gets the heart pumping and prevents you losing body heat in the water," says Petrina Liyanage from Sydney's Swim With a Smile. "And just get in – if you stall it'll make it harder."

#### STRENGTHEN YOUR SPORTS MUSCLES

That's what pro-sports folk do in the off-season. Liyanage suggests rowing to keep your swimming muscles active. Or for a better use of time, keep swimming in the pool but focus on technique. "Particularly practise bilateral breathing as it trains both sides of your body and makes you a better ocean swimmer," she explains.

### BARRIER:

## I'M ALL BUNDLED UP

*FITNESS CAN EASILY SLIDE IN WINTER, WHEN YOU'RE WEARING LAYERS. BUT EXERCISE NOW CAN PREVENT YOU HAVING TO EMBARK ON A BIG MAKEOVER, COME SUMMER.*

### REMEMBER THIS

The results of what we do or don't do in winter is what we'll be faced with in spring, says Rutzou. "This is important if you crave stodgier foods at this time. If you keep moving during winter you can indulge in those with less impact."

### GIVE YOURSELF A NON-WEIGHT GOAL

"The scales should show the results of our efforts, not be the reason for getting them," says Richardson. So he suggests setting a fitness goal such as, 'I will lift 5kg when working my arms', or 'I will cut my 5km run time by 10 per cent'. As a bonus, research shows when you do work out thinking of health or fitness, rather than toning and shaping, you can actually work harder before getting tired.

### WEAR TIGHT, BRIGHT GEAR

You may not wear snug-fitting gear in normal life, but wearing a fitted top and leggings in the gym can actually help you keep the focus on the areas you want to tone. Sharp suggests wearing a bright colour to help raise motivation. "It will just brighten your mood if the day outside is dark," she says. 🍎