

Confidence is a sign you are reaching fitness

Each day a challenge

It's almost the half-way mark of the *Echo's* spring fitness program for women

IT'S a good time to test your fitness this week and see how you are going in reaching your goals.

Look at your training journal and note how many repetitions you did in a set time, how you felt during and after the exercise and how well you recovered in your first session.

This is your benchmark to how you are progressing at this point.

Set a time to do a fitness test using the first session's workout and assess how you have progressed.

An increased number of repetitions in a set time is a good indicator on how much you've progressed, but don't be disheartened if you have not increased in number. It could be your technique has improved, which is a better result than numbers.

How you are feeling during and after you exercise is also a good test of fitness.

If you are feeling confident, have more energy in your workouts and are recovering quicker, then this is a significant achievement in your fitness.

You are well on the way to



attaining your goal and are most likely ready to change your routine in intensity and endurance. Listen to your body and take advantage on days when you are feeling great and go easy on days when it is difficult.

No matter how fit you are, each workout should be challenging. Some days may seem harder than others, but as long as you put in your best effort you will reap rewards.

The same for feeling sore after workouts; whether you do or don't is no indicator of how hard you trained. It's the effort you put in that counts, challenging your body and being determined will get you fitter each time.

Below is the program for Week 6. To mix things up, add exercises included for regular trainers. This program is flexible; you can add weights or go from a jog to running.

di-fit.com.au



Right: Pushing yourself to do your best at every workout will get you fit. Photo: Thinkstock

THE PROGRAM

DIANA from Di-Fit has teamed with the *Echo* to provide this spring fitness training program for readers.

Di, a fitness trainer and mother of two, is conducting the 12-week program and adjusting the regime each week along with plenty of valuable health and fitness tips.

Those keen to add group training to the program can join Di and others in a Saturday morning Di-Fit outdoor training session each week in Torquay.

The cost is \$10 a person, and Di-Fit donates 10 per cent of profits to breast cancer research.

To register, phone Di on 0419 322 243 or email di@di-fit.com.au.

TERMINOLOGY

RUN means cardio-vascular exercise that raises your pulse (aerobic exercises). The benefits of running are that your heart pumps blood more efficiently and will beat at a slower rate when resting. Your lungs will become more efficient at delivering oxygen. Endorphins will be released making you feel fitter and happier.

RESISTANCE means body weight and weight-resistant exercises (anaerobic exercises). They will thicken your heart's walls and make it stronger. They increase your bone density, building stronger muscles and connective tissues and increasing joint stability. They increase your calorie expenditure. Ultimately, they give you strength, tone and shape.

REST means a day off training. It's important for recovery and repair. Rest helps lean muscles grow.

RECOVERY means an active recovery. Do any activity you enjoy – perhaps tennis, chasey with your kids, golf, cycling or swimming.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

WEEK 6

RUN

RESISTANCE

REST

RECOVERY

RUN

RESISTANCE

REST

30 min walk/ jog/ run

35 min workout

Day off

Activity of choice

30 min walk/ jog/ run

35 min workout

Day off

RUN

RESISTANCE

30 MIN

10 MIN

18 MIN

7 MIN

Walk/jog for 30 minutes – jog 8 min / walk 4 min. Repeat this 2 times. Jog for 1 min and build up to a run for the last 5 minutes! Tip: Beach ramps are great for hill repeats.

Warm-up (easy pace)

Part 1 (4 mins): Squats for 20 seconds, rest for 10 seconds, lunges for 20 seconds, rest for 10 seconds. Repeat four times.

Part 2 (4 mins): Push-ups for 20 seconds, rest for 10 seconds, tricep dips for 20 seconds, rest for 10 seconds. Repeat four times.

Part 3 (1 min): Plank hold for 25 seconds, 5-second rest. Repeat.

Repeat parts 1, 2 and 3 = 18 minutes

Stretch glutes, legs, chest, shoulders, triceps, abs.

For regular trainers:

Do this workout with added resistance weights.

Warm-up skipping with rope for one minute and drop for two push-ups. Repeat for 10 min warm up.

Squats and over head press.

Reverse lunge and single arm press.

Push-ups and dumbbell row.

Side plank.