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NEWS

Training partners keep you motivated and on track

Buddy up for results



I WAS inspired to write this column about training partners from seeing what each person can achieve when they are training with someone who can keep them going — especially when it gets tough.

I saw this in last Saturday's training session with my group of ladies who are committed individually to their own fitness goals and together they were invincible.

Teaming each person with a partner for the duration of the session built camaraderie, a high team spirit and a will to keep going for more reasons than their own.

Training partners motivate each other to keep up and not let them down.

When this is built into your mindset, you are more determined to work hard in the session and as a result get stronger both physically and mentally.

Like having a personal trainer, training partners can encourage you to try your best all the time.

Your training partner can be a friend, your husband, or a group of people with similar fitness goals.

Finding a training part-



**Teamwork:** No matter what type of fitness training you are doing, a training partner can help keep you motivated.

ner with a similar fitness level is great as you can set the same goals and be accountable to each other.

On the other hand, a training partner who is not quite at the same level as you can also work well.

One can be striving to reach a higher level while the other is motivated to stay ahead and encourage their partner along the way.

A fitter person can always train at their own level and not be pulled back by their partner.

For example, you can run ahead and come back to your partner, tell them their doing great and get them to run with you for a set distance or time, use this segment as your recovery run.

Your program for Week 8 includes a longer run.

Continue to add variety and intensity in your resistance training by including one, or some, of the exercises prescribed for regular trainers. Listen to your body.

For information on workouts and training locations, visit [www.di-fit.com.au](http://www.di-fit.com.au).

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](mailto:di@di-fit.com.au).

TERMINOLOGY

**RUN** means cardiovascular 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

WEEK 8

RUN

35 min walk/jog

DAY 2

RESISTANCE

35 min workout

DAY 3

REST

Day off

DAY 4

RECOVERY

Activity of choice

DAY 5

RUN

35 min walk/ jog/run

DAY 6

RESISTANCE

35 min workout

DAY 7

REST

Day off

RUN

35MIN

Walk/jog for 35 minutes – Walk 2 min/ jog 15 min. Repeat. Run the last minute home.

Tip: Activate your core and keep your chest up.

For regular trainers: Jog/ Run for 35 minutes – Jog/run for 6km and include hills. Tip: For the faster runners add hill sprints at the end to complete 35 mins.

RESISTANCE

10MIN warm-up

Walk or step ups (easy pace)

18MIN workout

Part 1 - 4 minutes Squats 20 second 10 second rest (move to next exercise) Lunges 20 second 10 second rest (move to back to first exercise) Part 2 - 4 minutes Push-ups 20 second 10 second rest (move to next exercise) Tricep Dip 20 second 10 second rest (move to back to first exercise) Part 3 - 1 minute Plank hold 25 seconds 5 second rest x 2 Repeat parts 1, 2 and 3 = 18 minutes

7MIN cool down

Stretch glutes, legs, chest, shoulders, abs.

For regular trainers:

Do all parts of workout and replace some or all with alternate exercises below.

Warm up skipping with rope for 1 minute and drop for two push-ups. Repeat for 10-minute warm up.

Squat jumps

Walking lunges

Burpees with a push-up

Tricep push-ups

Side plank - add 2kg weight to raised arm.