

# BOTH OF THE

## Scientific Monitoring

This month's runners go head to head over whether sports nutrition products are a quick, easy solution to getting the right nutrients or a nasty-tasting, expensive, attempt at a "quick fix"...



### In lane 1: The Scientist

Dr Garry Palmer is one of the UK's leading sports physiologists, and founder of Sportstest.

Both from an academic perspective and working as a physiologist for sportsmen and women competing at World Championship level Garry has been instrumental in developing successful scientifically tailored training programs for many athletes.

Still an active runner he has a 10k best of 32:02, and a marathon time of 2:57:13, which he hopes to better at this year's London Marathon. Look out for Garry's forthcoming book "Running: From middle distance to marathon".

### Understanding Leads to Improvement

The theories of "no pain, no gain" are being relegated into the annals of history, as athletes start to better understand their bodies. Knowing how to train optimally, understanding the need to look after themselves, and comprehension of the benefits of recovery have all played a role. Fitness testing allows you to measure and determine your physiological strengths and weaknesses, so you can focus your training more effectively towards your goal events by working to reduce aspects of your fitness which may limit your performance. Testing will also provide optimal training intensities specific to each individual athlete and their objectives.

### Knowledge is Power

The use of heart rate monitors and GPS systems is becoming much more widespread. Rather than just guessing distance run, pace and effort, these and many other key factors are available at the glance of the runner's wrist. Pacing in longer races is critical. Getting caught up in race atmosphere and going off too hard too early will undoubtedly result in premature fatigue in longer events, whilst in the training environment, heart rate and pace from each session will show whether fitness is progressing.

### Eating to Win

Scientific advances surrounding the importance of hydration and nutrition have been applied to clearly demonstrate the benefits to athletic performance. Knowledge of sensible and adequate nutrition away from training will also ensure the athlete is at an ideal body weight and body fat. Whilst nutritional intake may be one element of enhancing recovery from training, the importance of recovery strategies cannot be overemphasised underestimated. Development of training and fitness will only occur if adequate recovery takes place. Scientific advances have aided this. The use of specially formulated nutrition products, appropriate stretching strategies, sports specific massage, strength and conditioning exercises, compression garments, and even ice baths, will all enhance recovery and reduce fatigue from training, thus allowing the athlete to return to training fitter and faster.

### More for Less

So, scientific approaches to training will allow you, the athlete to better monitor; adapt; recover; and improve performance, when compared to traditional methods of training. Avoidance of a traditional "no pain, no gain" method of training, will often mean runners will produce better results on fewer hours of training, and along the way see lower incidences on illness and injury. So start learning about your body, dust off your heart rate monitor, and apply some science to your training.



### Sportstest: Where Exercise + Science = Results

Available to athletes of all levels, and using proven and accurate scientific methods, Sportstest will measure and determine all of your current physiological characteristics, and then, working with you, plan a training and nutritional strategy to make you faster and stronger.

A Sportstest will -

- scientifically establish your personal training zones
- enhance the use of your training time
- help you understand how your body functions during exercise
- use your personal fitness profile to improve your training
- target your ideal nutritional strategy
- help you achieve your goals.



# SIDES TRACK

## Vs Running Without Measures

### In lane 2: The Zen Runner

When Adam Tinkoff is not “Zen running” through London’s Hyde Park or any of the other wonderful places he likes to run around the world, he can usually be found wandering the eternally warm shores of Fort Myers, Florida, where he resides. Adam is a podcaster known for his popular running show ADAM 20, where he shares his insights on running in the moment without measures. He’s currently working on his first book, ‘Zen Runner’ about leading a life through Zen & running.



#### Letting Go

The initial joy of becoming a runner is often replaced by an attachment to how fast or how far we go. Often this desire drives us to a point of frustration because we cannot achieve the result based on our original expectation. When you let go of the obsession to measure your pace, distance or time, you also free yourself from the curse of inflated expectations. Let go of your attachment to the end result and you can enable your mind, body and soul to relax into a state of heightened awareness and increased performance – naturally. Your body is programmed by nature to get better as long as you remain engaged in the moment, regardless of your mind’s expectations.

#### The Ultimately Portable Exercise

When you run without measuring your performance, and only pay attention to what your body is telling you, you don’t have to worry about the condition of any other gear. There’s nothing to fill, charge, sync, or calibrate outside of tying your shoes and pulling on your favourite running outfit. You just have to open your door, step outside and let yourself run freely into the world. When you feel like you’ve reached the halfway mark, you simply turn around and head back. There’s nothing more simple and reliable. There’s also nothing more flexible to work into your schedule. When you’re not trapped by the expectation of the time it takes to complete a distance, you can run for as long as the time you have. The decisions are truly up to you. You are always in total control.

#### Avoiding Injury

When you run by perception, making training decisions by carefully listening to what your body is telling you are also in a position for far less self-inflicted injury due to over training because in most cases you can feel a misalignment and act accordingly long before it becomes a major issue. The result may be that it takes longer to reach the final destination,

but the benefit of being able to remain healthy and fully engaged to your training for a much longer time far outweighs the additional time it takes to get there.

#### Capturing the Moment

We spend so much time speeding through our lives that we often reach the finish line barely able to remember the experiences and realisations we had along the way. When you release your focus on keeping pace or achieving a specific distance, you become more open to the little things that pass you by during a training session. This freedom to be more fully aware in the present moment is accentuated by the enhanced state of being in motion and fully alive. As your cells fill with oxygen and release their toxins with each exhalation your eyes and ears become more open to notice the glorious little details of life. As the mind becomes more aware of the body moving into the present moment, the spirit is becomes more open to be more fully alive.

#### No Finish Line

While we often measure our accomplishments by drawing artificial measures through out our lives, all runners know that once you cross the finish line one of the first ideas that crosses your mind is when the next one will be. The truth of this matter is that there really is no finish line for a runner. There’s always another distance to conquer or pace to achieve and the only thing that truly matters is how you are being in the moment you are running. So rather than placing your attention on what is waiting on the other side of the finishing ribbon, take time to pay attention to what’s right ahead of your shoes.

For more wisdom from the Zen Runner listen to Adam’s regular podcast at: <http://adam20.com>