

POWERHOUSE GYM

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CARDIO TRAINING FOR WEIGHT LOSS

In ten years we've seen it all, but nothing more surprising than when people are actively trying to lose weight but don't. Many times we'll see people who are on the treadmill or bike for 1-2 hours a day, yet they're still overweight! Why? Because your body is "hard wired" to maintain your weight. So if you're 25 lbs over and you start trying to lose weight, your body will actually fight back, slowing your metabolism to maintain that weight no matter what. Just being on the treadmill for an hour everyday isn't enough; but doing *interval training* on the treadmill works every time.

As with all other physical conditioning programs, **do not try interval training until you have first gotten the explicit approval of your doctor.**

Interval training is not new as a physical conditioning strategy, but it's underappreciated as a great way to lose weight.

Maybe you had interval training in high school. I did. At the end of football practice our coach would put us on a quarter-mile track and make us sprint the straightaways and walk the curves—for 20 minutes! We hated him, but it helped get us into the best shape of our lives!

It also makes it very difficult for your body to maintain weight. The all-out sprinting forces it to speed up, which helps you burn more calories than you eat. At Powerhouse, we've seen people lose 50 pounds in 12 weeks!

The sample workout below is a good one. In it we say "treadmill" but you can do it on any cardio machine, keeping the proportion of work (sprints are two to four times as fast as walks) about the same:

- Start the treadmill
- WALK for 60 seconds (at about 3 mph)
- SPRINT for 30 seconds (at 7-12 mph)
- WALK for 60 seconds
- SPRINT for 30 seconds

Etc. Just keep switching from walk to sprint for 20 minutes . . . and you're DONE! If you're not exhausted, try doing faster sprints the next time around.

Intervals: The New Wave

Interval training is not only for weight-loss. It's the new wave of high-intensity cardio training because your body simply cannot "maintain"; you make it give pretty much everything it has.

This is painful—but there's an upside: the workouts are far shorter. World class milers used to train more than 20 miles a day. But when we asked US No. 1 miler, Michael Stember (a Powerhouse Redwood City member) recently how many miles he ran in training, he said he ran less than half of that. He does nothing but *intervals*—800 meter sprints followed by 800 meter walks—for eight miles.

You can take our word for it . . . or the word of the people who have lost those hard-to-lose pounds . . . or the the word of the best miler in the US. Check with your doctor, then try interval training on the treadmill, elliptical, or bike next time you visit the gym. We think you'll like it!