

Running and High Intensity Interval Training (HIIT)

HIIT is widely considered to be the best form of weight loss training in running.

This is because it is time effective (important for those interested in weight loss more than running)

Top tips:

1. Measure your performance and improve that - your body fat will reduce as your performance improves. (Do not measure your actual weight, measure body fat as well if you want to)
2. Include resistance work periodically to support running goals and to maintain muscle mass (which helps reduce body fat)
3. Eat enough good healthy food (with special care to feed the body proteins, vitamins, minerals and energy from a wide variety of freshly made low > moderate fat foods)
4. Pay serious respect to flexibility, recover and footwear (or injury will crash you out just when you feel great about your regime)

The above advice is very concise and is driven by the following three things that have a powerful influence on body fat and are closely inter-dependent:

1. Calories spent during training.
2. Energy stored as glycogen for exercise - this affects how food energy is stored once consumed (more glycogen storage capacity in the body means less body fat from food). This is related to muscle mass, which is related to food, varying intensity intervals and resistance work.
3. Calories spent recovering from and adapting to meet the greater demands of the higher intensity.