

Conditioning

Luke Barden, October 2013

To start with, let me clarify what I mean by conditioning. When I say that, I mean what you would probably class as cardio.

The difference?

You can do cardio and feel comfortable. If you feel comfortable at any point when you are doing conditioning, you are not working hard enough. Conditioning is pushing your body to find its limits. It will make you give everything you have to that workout, and leave you struggling to make your way out. But it will make you fitter than you have ever been in your life. And it will allow you to find something within yourself you didn't know you had.

Now there are advanced levels of conditioning. You have prowlers, battle ropes, tyres and sledgehammers, med-balls and kettlebells. All of these tools are fantastic. But they are not a necessity.

Do you have a hill near where you live? Good. Sprint up it. And once you have...repeat, repeat, repeat!!

Hill sprints are brutal. They will leave you gasping. And they will be twice as harsh on your body fat. The reason they aren't popular among gym-goers (aside from the fact you go out into nature to exercise....shock horror!) is because they are difficult. Holding on as you judder along on a treadmill at a soft jog pace is far more pleasant than running like your life depended on it up a hill. So, people tend not to do the latter.

With the popularity of crossfit, people are starting to do conditioning workouts, and mainstream, gyms are starting to stock the equipment 'spit and sawdust' gyms have had for years, like ropes and tyres etc.

This gives you the opportunity to try some out! Don't expect to enjoy it while you do it...infact, you should probably expect to feel a bit sick. But, after, you will have a sense of accomplishment, having truly put your body through a workout.

If you are lost for ideas, message me on the Facebook page or through this website, and I will talk you through some things you can try.

Train hard, and you will see the results!