

# SpikeFitness

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23<sup>rd</sup> April 23

# Athletic performance

Whether you are an endurance athlete or a power athlete, strength training can help you improve your performance in a number of ways.

Firstly, strength training helps to build and maintain muscle mass. When you perform resistance exercises, your muscles are put under stress, which stimulates the production of new muscle tissue. This increase in muscle mass can improve your power and speed, as well as help you to better maintain your form and technique during long periods of exertion.

Secondly, strength training can help to improve your overall power output. Power athletes, such as sprinters, jumpers, and throwers, rely on the ability to generate a high amount of force in a short period of time. By training with heavy weights and explosive movements, you can increase your ability to generate force quickly, which can translate into improved performance in your sport.

Thirdly, strength training can help to improve your endurance. Endurance athletes, such as distance runners, cyclists, and swimmers, also benefit from strength training. When you perform resistance exercises, you improve your muscle endurance by increasing the number of muscle fibers that can be recruited during activity. This means that you will be able to maintain your pace for longer periods of time, reducing fatigue and improving your overall performance.

Strength training can help to improve your agility and coordination. Many sports require quick movements, changes of direction, and precise coordination of your body. By training with exercises that target these skills

# Athletic performance

Strength training for athletic performance can be enhanced by:

**Increasing strength:** Strength training can help athletes build muscle, which will make them stronger. This can be beneficial for sports that require a lot of strength, such as football, rugby, and weightlifting.

**Increasing power:** Power is the ability to generate force quickly. Strength training can help athletes develop more power, which can be beneficial for sports that require a lot of power, such as sprinting, jumping, and throwing.

**Improving speed:** Strength training can help athletes improve their speed. This is because strength training can help athletes improve their muscle fibers, which will make them faster.

**Improving agility:** Agility is the ability to change direction quickly. Strength training can help athletes improve their agility by improving their muscle fibers and their coordination.

**Reducing the risk of injury:** Strength training can help athletes reduce their risk of injury. This is because strength training can help athletes build muscle, which will make their bones and joints stronger.

**Increasing endurance:** Strength training can help athletes increase their endurance. This is because strength training can help athletes improve their cardiovascular system and their muscle fibers.

# Athletic performance

Overall, strength training can be a beneficial addition to any athlete's training program. It can help improve their performance in a variety of ways, and it can also help reduce their risk of injury.

Here are some tips for incorporating strength training into your athletic training program:

**Start with the basics:** If you are new to strength training, start with the basics. This means using simple exercises that target all of the major muscle groups.

**Be consistent:** Strength training is a long-term process. To see results, you need to be consistent with your workouts.

In addition to the benefits listed above, strength training can also help athletes:

- Improve their mental focus and concentration
- Improve their balance and coordination
- Improve their bone density
- Improve their cardiovascular health
- Improve their overall health and well-being

Strength training is a safe and effective way to improve athletic performance and overall health.

If you are an athlete, speak to Team SF about how strength training can help you reach your goals [info@spikefitness.co.uk](mailto:info@spikefitness.co.uk) or 07597215652.

# Greek-style breakfast pitta

Total Time: 15 min Prep: 10 min Cook: 5 min Serves: 2  
Difficulty: Easy

## Ingredients

- Egg, whole, raw 4 medium, raw, lightly beaten
- Light Feta Cheese 40 g, crumbled
- Calorie controlled cooking spray 4 spray(s)
- Spinach 1 tablespoon(s), young leaf
- Cherry Tomatoes 75 g, halved
- Wholemeal Pitta Bread 1 medium, halved and toasted

## Instructions

1. Mix together the eggs and feta, then season.

2. Mist a nonstick pan with cooking spray and set over a medium-high heat. Add the spinach and cook for 2 minutes, stirring occasionally, until wilted.

3. Reduce heat to medium. Add the egg mixture and tomatoes and cook for 1-2 minutes, stirring frequently, until eggs are just set.

4. Spoon the mixture evenly into the pitta halves.

# Mini workout

## Chest Workout

### Push-Ups

- Start in a plank position with your hands shoulder-width apart and your body in a straight line from your head to your heels. Lower your body down until your chest touches the floor, then push back up to the starting position.

### Incline Push-Ups

- Start by placing your feet on a raised surface, such as a step or a chair. In a plank position with your hands shoulder-width apart and your body in a straight line from your head to your heels. Lower your body down until your chest touches the floor, then push back up to the starting position.

### Decline Push-Ups

- Start by placing your hands on a raised surface, such as a step or a chair. In a plank position with your hands shoulder-width apart and your body in a straight line from your head to your heels. Lower your body down until your chest touches the floor, then push back up to the starting position.

### Wide Push-Ups

Start in a plank position with your hands wider than shoulder-width apart and your body in a straight line from your head to your heels. Lower your body down until your chest touches the floor, then push back up to the starting position.

### Close Push-Ups

Start in a plank position with your hands closer than shoulder-width apart and your body in a straight line from your head to your heels. Lower your body down until your chest touches the floor, then push back up to the starting position.

Do 10-12 repetitions of each variation.

### Plank

Start in a push-up position with your forearms on the floor.

- Hold this position for 30-60 seconds.

### Side Plank

Start in a push-up position with your right forearm on the floor and your left hand on your hip.

- Raise your left leg up so that your body forms a straight line from your head to your heels.

- Hold this position for 30-60 seconds, then switch sides.

You can adjust the number of repetitions and sets to fit your fitness level. Be sure to warm up before your workout and cool down afterwards.

# Garlic bread steak with horseradish sauce

Total Time: 0:20 Prep time: -  
Cook time: 0:20 Serves: 4  
Difficulty: Easy

## Ingredients

- 0% Fat natural Greek yogurt
- 100 g Horseradish Sauce
- 2 teaspoons White French Stick 6 inch slice(s)
- Low Fat Spread 4 teaspoons, level
- Garlic 1 clove(s)
- Beef sirloin steak, lean, raw 300 g
- Calorie controlled cooking spray 4 spray(s)
- Salad leaves 2 portion(s), to serve
- Black pepper 1 pinch

## Instructions

1. Preheat the grill. In a bowl mix together the Greek yogurt and horseradish sauce.
2. Slice the French bread in half horizontally, then spread each cut surface over each piece, then toast the cut sides until lightly browned.
3. Heat the char-grill pan or frying pan. Spray the steaks with the cooking spray, then add them to the pan and cook over a high heat for 1 minute per side.
4. Pile some salad leaves on the toasted bread; add the steaks and spoon a dollop of the horseradish sauce on top. Season with black pepper.

# Stretching

## Abductors

### Standing Abductor Stretch

1. Stand with your feet hip-width apart.
2. Slowly lift your right leg out to the side, keeping your knee slightly bent.
3. Gently lean your torso to the left until you feel a stretch in the outer thigh of your right leg.
4. Hold the stretch for 30 seconds, then repeat on the other side.

### Seated Abductor Stretch

1. Sit on the floor with your legs extended in front of you.
2. Cross your right ankle over your left knee, just above the ankle.
3. Gently pull your right knee towards your chest until you feel a stretch in the outer thigh of your left leg.
4. Hold the stretch for 30 seconds, then repeat on the other side.

### Lying Abductor Stretch

1. Lie on your left side with your legs extended.
2. Bend your right knee and place your foot flat on the floor in front of you.
3. Gently raise your left leg up until you feel a stretch in the outer thigh of your left leg.
4. Hold the stretch for 30 seconds, then repeat on the other side.

It's important to stretch all of your muscles, including your abductors, on a regular basis. Stretching helps to improve your flexibility and range of motion, and can help to prevent injuries.



# News

## SFHQ BOXATHON

13th May 2023

8am-8pm

The day will involve a 12-hour Boxathon session with 4 people punching every hour from 8am until 8pm.

For more information:  
email: [info@spikefitness.co.uk](mailto:info@spikefitness.co.uk)

BOXERCISE®

SF

## MAY BANK HOLIDAY OPENING TIMES

Sunday 30th April - CLOSED

Monday 1st May - CLOSED

Monday 8th May - CLOSED

Monday 29th May - 09:00 - 17:00  
(Last Entry 45 mins before closing)

[www.spikefitness.co.uk](http://www.spikefitness.co.uk)  
07597215652  
[info@spikefitness.co.uk](mailto:info@spikefitness.co.uk)

SF

It is only 3 weeks until  
The SFHQ Boxathon  
which is on the 13th May  
2023 in aid of Asthma  
UK.

The day will involve a 12-  
hour Boxathon session  
with 4 people punching  
every hour from 8am  
until 8pm.

If you would like to  
sponsor Team SF on  
their awesome efforts  
on the day, please  
follow the link below:

[SFHQ Boxathon](#)

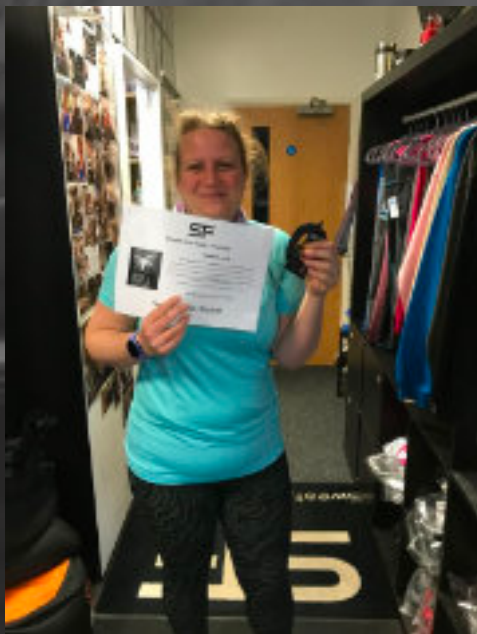
Huge thank you again to  
everyone involved!

Massively appreciate it!

During May, we are  
lucky enough to see 3  
bank holidays!

Here are our opening  
times for all the bank  
holidays.

# News



Good luck to three of our Members, Emily, Michelle and Marianne who are taking part in the London Marathon today!

Go Smash it Ladies!



Are you getting fed up cooking the same thing week in, week out?

As you will have noticed, we have started to provide some meal ideas in our newsletters each week.

However, if you would like a small 21 recipe book that you can look at and follow on your iPad and phone at any time and is yours to keep.

Drop Team SF an email at [info@spikefitness.co.uk](mailto:info@spikefitness.co.uk).