

# SpikeFitness

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# Mixing cardio and strength

A while back we had a look into cardio or weights first, lets take a look at mixing the two together.

Stating the obvious first, we could put them on different days to mix them overall throughout the week, meaning each session has a distinct aim.

When we start looking at actually mixing the two within a single session things can seem like they start to get more complicated, clearly everything can be made as complicated as we like - the key is trying to keep it as simple as possible!

As always let get some stock examples on the go and see how these would play out:

Balanced - we have half the session cardio and half weights, very straight forward, easy to remember and it will work. The downsides are that scaling one of the sides becomes hard, or if we are having a not so good day we may want to do one or the other...

Prioritise one - so this could be where we want to increase our performance in one but maintain a level in the other, it's doable to a point, in that when we start to build on the priority, the other naturally gets harder, for example if you start at 5k with cardio and extend to 10k we can't expect our resistance work to maintain with the extra prior workload.

Prioritise each in different sessions - we could do the above but balance this over the week, cardio

# Mixing cardio and strength

Focus Monday, weights focus on Wednesday and so on, this would give good balance, however is going to make building up performance for both more difficult with greater time between each workout.

As always there will be variants of the above, this just gives us a flavour of how we could break down the sessions to incorporate both.

The main take away is that with 2 separate goals it becomes more difficult to juggle them, that doesn't mean its not possible, just takes a bit more planning.

I like to think of it as having and A and B goal or a build and maintain goal:

A goal (e.g. 6 months) - increase cardio undertaking  
B goal (e.g. 12 months) - Progress strength over the next x months

Build goal - increase compound lifts by 10%

Maintain goal - keep cardio at current baseline

Again, many flavours of this and as always it depends on what our overall goals are.

Need a hand with goal setting and balancing? Give a member of Team SF a message to help you out [info@spikefitness.co.uk](mailto:info@spikefitness.co.uk) or 07597215652.

# Quorn, green bean & broccoli stir-fry

Total Time: 30 min Prep: 10 min Cook: 20 min Serves: 4 Difficulty: Easy

- White basmati rice, dry 240 g
- Vegetable Oil 2 teaspoons
- Quorn mince 400 g
- Green Beans 100 g, cut into bite-size pieces
- Broccoli, raw 150 g, cut into florets
- Red pepper(s) 2 medium, deseeded and chopped
- Baby corn 175 g, halved
- Red onion(s) 1 medium, sliced
- Root Ginger 2 inch slice(s), peeled and grated
- Garlic 2 clove(s), crushed
- Soy Sauce 3 tablespoons
- Lime(s) 1 medium, zest and juice
- Caster Sugar 1 1/2 teaspoons
- Cornflour 1 teaspoons, level

## Instructions

1. Cook the rice according to the pack instructions.
2. Meanwhile, heat a wok over a high heat. Add the oil and heat for 20 seconds, then add the Quorn mince and stir-fry for 3-4 minutes or until browned. Add all the vegetables and stir-fry for 4-5 minutes, adding the ginger and garlic for the final 2 minutes of cooking.
3. Mix the soy sauce, lime zest and juice and sugar with the cornflour and 30ml water in a small bowl until smooth. Add the sauce mixture to the wok and stir-fry for 1-2 minutes or until heated through. Serve the stir-fry with the rice in warmed serving bowls.

# Mini workout

## Mini Core Workout

3 rounds, 45 seconds per exercise (build up if needed).

- 1. Plank:** Get into a push-up position, but instead of resting on your hands, lower yourself onto your forearms. Keep your body in a straight line from head to toe, engaging your core muscles.
- 2. Bicycle Crunches:** Lie on your back with your hands behind your head and your knees bent. Lift your shoulder blades off the ground and bring your right elbow towards your left knee while extending your right leg straight. Repeat on the other side, bringing your left elbow towards your right knee.
- 3. Russian Twists:** Sit on the floor with your knees bent and feet flat on the ground. Lean back slightly while keeping your back straight. Extend your arms in front of you and clasp your hands together. Twist your torso to the right, bringing your hands towards the right side of your body, then twist to the left.
- 4. Leg Raises:** Lie on your back with your legs straight and your arms by your sides. Lift your legs off the ground, keeping them straight, until they form a 90-degree angle with your torso. Slowly lower your legs back down without touching the ground.
- 5. Mountain Climbers:** Get into a push-up position with your arms straight and hands directly beneath your shoulders. Bring one knee towards your chest, then quickly switch legs, as if you're running in place while in a plank position. Continue alternating legs for 30 seconds to 1 minute.

Remember to focus on maintaining proper form and engaging your core muscles throughout each exercise.

Ensure you warm up and cool down, including stretching.

# Evening meal

Total Time: 0:25 Serves: 2

Prep time: 0:15 Difficulty:  
Easy

Cook time: 0:10

## Ingredients

- Egg, whole, raw 3 medium,
- Green Beans 100 g, trimmed
- Yellow Pepper 1 medium, deseeded and cut into strips
- Cherry Tomatoes 100 g, halved
- Lettuce 1/4 individual, iceberg, torn into bite-size pieces
- Olives, in Brine 6 individual, pitted, black, sliced
- Tuna in spring water, drained
- 1 can(s), medium, drained
- Spring Onions 2 medium, trimmed and sliced
- Cucumber 1/2 individual, trimmed and diced
- Chilli, Green or Red 1 individual, deseeded and finely chopped
- Lime Juice, Fresh 4 tablespoon(s)
- Olive Oil 1 teaspoons
- Honey 1 teaspoons, level, clear

## Instructions

1. Bring a pan of water to the boil over a medium-high heat, then reduce to a simmer. Carefully add the eggs using a slotted spoon and cook for 8-10 minutes. Drain, fill the pan with cold water and set aside for a few minutes to allow the eggs to cool. Peel and cut into quarters.

2. While the eggs are cooking, blanch the beans in a separate pan of boiling water for 2 minutes, then drain and transfer to a bowl of cold water until cool. Drain and set aside.

3. Put all the dressing ingredients in a small bowl with 2 tablespoons water, season to taste, then whisk to combine

4. Put the green beans, pepper, tomatoes, lettuce, olives, tuna, spring onions and cucumber in a serving bowl, then pour over the dressing and toss gently to combine. Divide the salad between 2 plates, top with the boiled egg quarters, then season to taste and serve.

# Stretching

## Upper Back Stretch

### Standing

Place your hands on a table or surface that is about waist height (slightly higher if needed), walk back until your torso is parallel to the floor (or if using something higher until your hands, shoulders and hips are inline).

Straighten your arms and press them down on the surface.

### Seated

Sitting in a low backed chair, cross your arms over your chest.

Raise your elbows and lean back over the back rest of the chair.

Progress slowly when undertaking new stretches, look to increase range of motion and length of hold over time, up to 30-60 seconds once we can hold the stretch in the appropriate position.



# News

News words, may need  
extra pages

