

SpikeFitness

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and steady state

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30th July 23

Understanding intense cardio and steady state

Which is really better? Sometimes turning the looking glass around can help - which is best suited to my goal and my needs. Both offer valid outputs, and can be mixed to help overall performance.

From a pure science view, high intensity works the fast twitch muscles and steady state works the slow twitch.

Ironically this can be considered a simplification, but its science though?

It is, with a few exceptions we typically want to increase (or at least maintain) distance and do it faster.

Think park run, 10k's, half marathons all the way up to ultra's.

Even if we keep the distance the same, we still need to cover that distance whilst increasing speed. So our endurance must maintain with the speed increase.

So how do we turn the looking glass around?

By understanding what suits our goal, what do we need to complete our goal.

Running a long distance? - focus on endurance first, to complete we must first finish.

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Running for a PR - focus on speed, we already cover the distance how do we create additional power to shorten the time taken.

Let's get down into it, increasing distance, We've previously cover how the 10% rule can lead to some exceptional large numbers! gradually increasing our distance in small incremental steps will allow our pace to (largely) remain the same, the critical part here is small and incremental, if we have larger jumps we will have to sacrifice pace for distance, our bodies like time to adapt to change.

When is steady state good?

Keeping fit and healthy - we don't always need to increase distance or speed, used as part of a workout, steady state offers a great way of getting our steps in (or revolutions for our two wheeled friends) helping keep our heart healthy.

Distance building, when we are starting out or building up, steady state allows us to gently introduce distance loads to our bodies. I always like to add in here that everyone can benefit from this! - marathon (26.2) to Ultra (26.2+) same rules apply.

Different disciplines, steady state allows us to experience other modes, this could be rowing, swimming, cycle etc, this is because we aren't going hammer down.

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Feel the need for speed?

Crushing PR's - if we are already covering the distance, adding speed is the next step, intervals and hills work well to increase speed over the course.

Improve oxygen consumption - intense cardio increases your muscles ability to use oxygen, the more efficient they the better power delivery we can expect.

We can also mix the two to a certain extent, again we have to look at what is the primary focus, take working to a 10km run. We would want to get the km's under our belt, we could also add some speed work in to help keep the pace up. It also offers a variation to our training from a distance point of view.

Typically we would like to mix a bit of both in, whether that's weekly or bi-weekly.

Want to explore the best options for you? Chat to one of the team here at SF info@spikefitness.co.uk or 07597215652.

Breakfast bruschetta

Breakfast bruschetta

Total Time: 0:20

Prep time: 0:10

Cook time: 0:10

Serves: 4

Difficulty: Easy

Ingredients

Olive Oil 1 teaspoons

Red pepper(s) 1 medium,
deseeded and thinly sliced

Onion(s) medium, thinly
sliced

Carrots, raw 1 medium,
grated or chopped

Garlic 1 clove(s), crushed

Egg, whole, raw 5 large,
raw, lightly beaten

Sourdough Bread 4
serving(s), toasted

Instructions

Heat the oil in a nonstick frying pan over a medium heat and cook the pepper, onion, carrot and garlic for 5 minutes, stirring often, until the vegetables are softened.

Stir in the eggs, season to taste and cook, stirring frequently, for 2 minutes until the eggs are just set.

Spoon the eggs over the toast and serve



Mini workout

Super quick upper body workout

30 Shoulder taps

20 Floor dips

10 Press-ups

5 plank up and downs

Repeat for time allowed

Be sure to warm up first.

Fancy something more specific, drop us an email and we can build a bespoke program for you.

Barbecue chicken & sweetcorn quesadilla

Barbecue chicken & sweetcorn quesadilla

Total Time: 11 min

Prep: 5 min

Cook: 6 min

Serves: 2

Difficulty: Easy

Ingredients

BBQ Sauce 30ml

2 wrap(s)

Chicken breast, skinless, raw
100 g, shredded

Grated Reduced Fat Cheese
100 g

Sweetcorn, canned, drained
50 g

Spring Onions 2 medium,
trimmed and chopped

Coriander, fresh 1
tablespoons, handful, chopped

Calorie controlled cooking
spray 4 spray(s)

Instructions

Spread the BBQ sauce over each wrap and set aside. In a medium bowl, combine the chicken, cheese, sweetcorn, spring onions and coriander. Scatter the mixture over 1 of the wraps, then sandwich the second wrap, sauce-side down, on top.

Mist a large nonstick frying pan with cooking spray and carefully fry the quesadilla for 3-4 minutes over a medium-high heat. Mist the top of the quesadilla with more cooking spray, then turn and cook for another 2 minutes, until golden and the filling is hot.

Invert the quesadilla onto a board and cut into wedges to serve.

Stretching

Sitting Hamstring stretch

Sitting down on the floor, place one leg out straight, toes pointed up

The other should be bent with your foot against the straight leg in a half butterfly position.

Lean forward keeping your chest up to ensure a neutral back.

Once you can feel the stretch hold for 20-30 (less if needed as we start out) and repeat 2-3 times.



News



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 info@spikefitness.co.uk

Price £6