

SpikeFitness

Separating cardio
and strength

Breakfast tacos with avocado & lime sauce

Mini workout

Grilled mushroom & pepper pizzas

Stretching

News

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Separating cardio and strength

Should we separate cardio and strength? What benefits does it have and when is it best for our performance?

We covered the benefits of mixing cardio and resistance, let's flip the coin and take a look at why it might be advantageous to separate them.

When we looked at how to combine cardio and strength it really came down to it depending on our overall goals, separating them works in a similar way, shocker I know!

Let's look at how we can gain from separating them, how it can be advantageous for certain goals and some ways of programming it in.

Why separate them? - it allow us to focus specifically on them individually, we can of course do both and we've covered that, however when we are programming them specifically it can be advantageous.

Let's use running as an example, should we be training for a longer distance event having a dedicated session for cardio would be appropriate.

Like wise, long walks for cardiovascular health would be another example, doing this later in the day away from a strength session would make sense.

Separating cardio and strength

This would help to keep session time to a minimum and make it specific to the overall goals:

Training for a half marathon?

We would have a number of dedicated run days, we can then intersperse strength workouts on our rest days to supplement our running activities, this could also include longer stretch sessions after the strength work or having targeted strength sessions.

When considering the use of cardio as a healthy lifestyle a similar profile can be adopted, with the advantage of being able to do these on the same day.

We could for example, strength train in the morning, followed by a walk in the afternoon. This would allow recovery time and for the pace to be set by how we are feeling for that particular session, feeling energised we could pick the pace up or go a little further, likewise if we are shorter on time we could do a quicker walk or not go quite as far.

Either way the separation allows us to focus on the activity with a sole purpose on full energy and not as a multipart activity.

Now to add a bit of science, in the examples we have mentioned cardio after strength, currently studies show that for the most part strength before cardio is preferable.

Separating cardio and strength

There are exceptions the most notable is when we are training for a racing event, such as a running race, in this example strength should come after so we have full use of our energy stores for the main goal.

It's also worth noting that if we can (training resistance) this is slightly better suited to a non-run day, rather than two workouts in a single day, where possible.

All in all, separating can assist in reaching your goals, where time allows, as always the main goal is to maintain movement.

Need help with programming for your goals? - Chat to one of the team here at SF info@spikefitness.co.uk or 07597215652.



Breakfast tacos with avocado & lime sauce

Total Time: 15 min Prep: 5 min Cook: 10 min Serves: 4
Difficulty: Easy

Ingredients

Wrap 4 wrap(s)

Calorie controlled cooking spray 4 spray(s)

Chilli, Green or Red 1 individual

Ground Cumin 1/2 teaspoons, level

Egg, whole, raw 8 medium, raw

Cherry Tomatoes 200 g

Coriander, fresh 2 tablespoons

Red onion(s) 1/2 small

Avocado 70 g

Low Fat Natural Yogurt 75 g

Lime(s) 1 medium

Lime Juice, Fresh 1 tablespoon(s)

Instructions

1. To make the sauce, blitz together the avocado, low-fat natural yogurt and the juice of 1/2 lime in a mini food processor until smooth, then season to taste and set aside.

2. Warm the wraps in a hot frying pan then set aside and cover with a clean, dry tea towel to keep warm. Mist the same frying pan with cooking spray and fry the chilli and cumin over a medium heat for 1-3 minutes.

3. Pour in the eggs and scramble for 3-5 minutes, until cooked. Top the wraps with the eggs, cherry tomatoes, coriander and onion, then drizzle with the avocado sauce and serve with lime wedges.

Mini workout

Here is a quick leg workout that includes three exercises you can do with little or no equipment:

1. Squats:

- Stand with your feet shoulder-width apart.
- Lower your body as if you are sitting down in a chair, keeping your chest up and your knees behind your toes.
- Pause briefly at the bottom of the squat, then push back up to the starting position.

Aim to do 3 sets of 10-12 reps.

2. Lunges:

- Start in a standing position with your feet hip-width apart.
- Step forward with one foot, bending your front knee to a 90-degree angle.
- Lower your back knee to the ground, keeping your chest up and your core engaged.
- Push back up to the starting position and repeat on the other side.

Aim to do 3 sets of 10-12 reps on each leg.

3. Calf Raises:

- Stand on a step or elevated surface with the balls of your feet on the edge and your heels hanging off.
- Raise your heels as high as you can, then lower them back down.
- Repeat for 10-12 reps.

Aim to do 3 sets of 10-12 reps.

Remember to warm up before your workout and stretch afterwards to prevent injury and promote recovery.

Grilled mushroom & pepper pizzas

Total Time: 55 min Prep: 30 min Cook: 25 min Serves: 8 Difficulty: Moderate

- Calorie controlled cooking spray 4 spray(s)
- Plain White Flour 1 tablespoons, level
- Pizza Dough 2 serving(s), divided into 8
- Olive Oil 2 teaspoons
- Pizza Topping Sauce 400 g
- Light Mozzarella 250 g
- Mushrooms 200 g, thinly sliced
- Peppers, All Types 200 g, sweet mini, thinly sliced
- Basil, Fresh 30 g, roughly torn
- Chilli flakes 8 pinch

Instructions

1. Off heat, mist a grill rack with cooking spray and preheat the burner to high. Or, prepare a

lidded barbecue - make sure the grill rack is clean, then heat two-thirds of it to very hot, and the remaining third to low.

2. On a lightly floured surface, roll out each piece of dough to 15cm rounds. Working with 2 bases at a time, brush 1 side of each lightly with 1/2 tsp oil

and arrange on hotter side of grill. Close lid and cook, checking occasionally to make sure bottoms are not burning and large bubbles are not popping, until crusts are charred and marked from grill, 2 to 3 minutes. Turn crusts over and arrange on cooler side of grill.

3. Quickly spread the pizza bases on the grill with 3 tbsp pizza sauce and sprinkle each with the grated mozzarella. Top each with a few mushroom and pepper slices. Slide pizzas back to hotter side of grill and close the lid.

Cook for 2-3 mins more, until the crusts are charred and marked from the grill. (If bottoms start to burn before cheese melts, move pizzas back to the cooler side of the barbecue). Repeat with the remaining bases and toppings. Sprinkle the pizzas with basil and chilli flakes just before serving.

Stretching

IT Band stretch

Steps:

1. Start by standing up straight with your feet shoulder-width apart.
2. Cross your right leg behind your left leg and extend your right arm straight up.
3. Lean your upper body to the left, feeling a stretch along the right side of your body.
4. Hold the stretch for 15-30 seconds, then switch sides and repeat.

Tips:

- Do not put your body into a position of pain.
- When stretching, focus on deep breaths and relaxation.
- A foam roller can be used to help increase your range of motion.



News

Congratulations to our August Member of the Month

Tom Mallows!!

SF

Member of the Month – August 2023

Tom Mallows

Massive congratulations to Tom on winning 'Spike Fitness' Member of the Month' for August!



Tom has been consistently working on his boxing moves and is making awesome progress, he is now known as the Rocky of SF!

Tom is an extremely popular member of the gym, his stories have us all in stitches and as an added bonus I get an ab workout too with all the laughing through our sessions.

In all seriousness, Tom you have come so far since you started with us here, it's awesome to see your progress!!

Well done Tom! Make sure that trophy takes pride of place!

Sweat, Smile, Repeat

Make sure that trophy takes pride of place!!