



“Building up Stamina for That Special Valentine”

by Ted Loo, personal fitness trainer

The romantic dinner is all planned, roses are ordered, wine is chilling and the candles are waiting to be lit. You are all ready for that special valentine except you are starting to break a sweat ... cause you know that the after dinner activities will last all of 30 seconds.

Help is at hand! Here are 5 ideas to improve your endurance not only in the gym but also with your extra curricular activities.

1. Interval Training.

You've hit a plateau with your cardio training and you need to boost things up. Try running for two minutes then walking for two minutes. Keep alternating for 20 minutes. Each week you can add intensity, time and duration.

2. Muscular endurance

So you're always lifting the same weight for 10 repetitions. Try lightening the weight and pushing for 15 – 20 reps. Take less rest between sets. You'll find your muscles will last a lot longer.

3. Circuit training

Change things up and train multiple body parts in a circuit with little or no rest between sets.

4. Core

All I'm going to say is that if your midsection/spinal areas are stronger and more stable... think about those nighttime activities.

5. Sprints

Boost up your stamina with sprints (and shape up your booty at the same time). Start with sprinting for 20 seconds then resting for a minute. Each week you can add 5 seconds to your sprint while increasing the intensity.

By adding some endurance training to your program you will have more energy, last longer and your special valentine will be ecstatic!