

BE FIT BE USEFUL

THE OFFICIAL FIT2BUSEFUL NEWSLETTER

February Focus

Wednesday Stretch Specific
7:30am

GET THE NECK OUT OF
YOUR ABS

80/20 Training & What in the world is Zone 2?

Excerpt from "Why aerobic training?" by Jim Anderson @ theendurancedrive.com
<https://bit.ly/3TDZNC7>

Why Aerobic / Zone 2 Training?




The goal of zone 2 training is to exercise at a pace that allows you to sustain your heart rate just below the aerobic threshold for a prolonged time period (typically 30+mins). This would be at heart rate of around 60-70% of your maximum heart rate.

While we are often inclined to do intense training (mostly due to time constraints), our bodies evolved to be most efficient through aerobic training. You'll hear aerobic training referred to in many ways: Zone 2, Z2, the 80/20 rule (80% training low intensity & 20% high intensity), polarization ("easy is easy and, hard is hard" approach) & aerobic foundation work.





Aerobic VS Anaerobic training

Zone 2 develops a strong heart and the aerobic capacity necessary for peak performance in endurance sports. Technically, anything over a few minutes of exercise is classified as aerobic exercise.

In addition to building aerobic capacity, check out these other critical benefits that come with zone 2 training:

 Increased number and density of mitochondria - your primary energy driver.



-  Increased stroke volume, i.e. more blood through your heart and body at the same HR.
-  Increased fat burning capability. Maximizing your fat burning capabilities is critical to 2+ hour racing.
-  Increased lactate clearance / management & blood plasma
-  Ability to increase overall training volume without beating up your body and mind

You will feel much better, physically and mentally, with the increased training volume in Zone 2.

Anaerobic training (or High Intensity Training - HIT) may be more exciting, but it's not the most effective way to build the foundation of the engine driving the machine.

Higher zone training will target the anaerobic system and that type of training will be employed secondarily after building your aerobic foundation. If you have not trained Zone 2 HR before, you're going to most likely hate it. You will probably start noticing in Zone 2 that you will run and bike slow or slower, feeling no initial benefit. You may miss the days of just doing whatever you like on your runs, hikes, bikes. This is normal and will continue through the Prep and Base period but it will get better. It is a very effective training method to build your aerobic training engine. After the Prep and Base period of the training cycle, about 2 - 4 months, you add more intensity. At this point you begin to notice the increase of fitness, speed, distance and ability, along with less fatigue at higher intensities.

Curious about what your Zone 2 heart rate level is?

Check out the MAF / Zone 2 Heart Rate Calculator at [Heromovement with Luke Jones https://bit.ly/3TBTq2n](https://bit.ly/3TBTq2n)

Words of Wisdom

"Ageing is an extraordinary process whereby you become the person you always should have been."
David Bowie

Wisdom to live by

Featuring: Yolanda aka YoYo.



My "Yo's" Resolution is to **take a closer look at ME.**

In 2022, the loss of my 65 yr. old husband was the mountain I climbed. The loss, loneliness, vulnerability, and fears I faced were huge.

Living a new life, presented different challenges to conquer:

STAYING FOCUSED: my daily exercise with Doods & Linda is a must to maintain strength, flexibility & mobility. Taking the time to help myself is empowering and rewarding on so many levels.

WORKING ON MASTERING TGU'S so as to pick myself up, which I was able to do after recently falling- YAY!!!

WALKING WITH WALKING POLES, rain or shine, refreshes my mind while working on cardio. Thank you, Doods & Scott for the poles. They help me strengthen my balance, keep me straight & upright. It's wonderful to feel the joy of walking, at such speed, after replacing both knees.

EATING BETTER: with the help of a dietitian, I'm determined to get this right, to bring down high cholesterol numbers.

MAINTAINING FINANCIAL, AUTO & HOME RESPONSIBILITIES: This has its challenges, however, I'm learning as I go along.

TRAVELING SOLO: first time ever! From Montana to NY to visit my daughter & her family in Rochester, NY.

WORKING WITH EMPATHY COACH, CECILIA KREMER has helped me view myself, listen to myself, and feel confident and strong - mentally and physically - knowing I can live my new life successfully, and handle the challenges that awaits me. Thank you for your guidance, Cecilia.

YO'S WISDOM WORTH SHARING

"As the hero of your life, master of your destiny and creator of your reality..."

"If, you feel you can't handle something - take a moment to think about all you've already accomplished"

"You are never too old to set another goal or to dream a new dream."

What are we listening to?

HOW TO MAKE A 1000 DAY PLAN, KEEP SMALL PROMISES TO YOURSELF & DESIGN YOUR BEST LIFE

One of the things that makes Gordo more aspirational than inspirational is that his athletic journey from an overweight "finance guy" to an elite athlete began with a simple walk.



Here is the episode on Gordo Byrn in the Rich Roll podcast : <https://bit.ly/3sAYzMO>

Exercise - Habit or Ritual?

by [Cecilia Kremer, Empathy Coach, PhD](#)

In the past issue, you visualized the next version of you - your purpose, and let goals arise from it. Goals get broken down into habits that overtime lead to the purpose. Unfortunately habits are hard to form & stick to. So I'll offer a new approach for you be more successful.

Let's start with the purpose of becoming "the most flexible version of me". We can break it down to the goal of "touching my toes when bending over". And the habit of doing this for 5 min after class. This shifts the focus from being flexible (purpose) to toes (achievement).

Overtime, the tendency is to forget about the purpose. Bending over becomes meaningless & motivation drops. If there's a pitfall (getting dizzy), it's hard to see other ways to work towards "flexibility" (e.g. sit down & side stretch). It becomes easy to give up & feel like a failure.

The solution is to drill down purpose & goals into rituals, rather than habits. We think of rituals as religious or mystic activities. But research shows they are simply a way of designing habits so that purpose doesn't get lost.

A powerful way to transform a habit into a ritual is to declare your purpose ("I'm becoming the most flexible version of myself") before engaging with it (bending over). If at any time bending over becomes impossible, the purpose is still fresh in mind, which means you can create a new way of fulfilling it. You can also create resources that will keep you connected with your purpose - an aspirational wallpaper in the device where you Zoom from, a sticker on your water bottle or any other prop. So...



How will you turn your habits into meaningful rituals?

