

# BE FIT BE USEFUL

THE OFFICIAL FIT2BUSEFUL NEWSLETTER

## April Focus

Wednesday Stretch Specific  
7:30am

**BODY FOCUS**  
**SERRATUS ANTERIOR**

## The 80:20 Approach: Mixing HIIT with Zone 2 Training

Excerpt from article on HEROMOVEMENT.net  
WITH LUKE JONES  
<https://bit.ly/3TPjBT6>

For the average person looking to be a bit fitter and perhaps lose some weight, I like using the 80:20 approach for endurance training after an initial base-building period of 3-6 months. So around 80% of your time would be spent doing Zone 2 (Z2) training which would build a strong aerobic base and the remaining 20% would be higher intensity work - a solid aerobic base.

My preferred way to build an aerobic base would be to go back to basics and forgo any high-intensity style training (aside from strength training), working solely on Zone 2 work for 3-6 months. By doing this, we become much more efficient athletes, and can work at a higher pace while placing less strain on the body.

As improvements in Z2 begin to slow, we would then introduce occasional interval style training 1-2 times per week: Faartlek, Tabata - whatever you enjoy, or whatever's most relevant to your training goals.

So to use my current training schedule as an example:



Doods nephew, Jess (13 yrs) racing for Michaels House South Africa

I spend the day standing and moving around at my standing desk - with regular breaks thrown in to do light bodyweight movements, short walks, mobility work, and moving meditation. I do couple of Zone 2 sessions per week - like running, walking, swimming or paddleboard. In the evenings I'll do some form of strength training, martial arts, climbing and maybe a couple of sprints or HIIT sessions thrown in here & there if I feel like I can recover fully (not often).

High intensity training is alluring - allowing you to feel the burn and get work done in a shorter timeframe. No doubt. But the truth is, working harder doesn't necessarily always produce greater or faster results, and can potentially cause more harm than good. You can't really do any significant damage by training too easily, but you can by training just a little too hard.

To achieve optimum health and to fulfil your athletic potential, it is safer to lay the foundations with a strong aerobic base, then build upon it with small amounts of high intensity work.

Chris Hauth, founder of AIMP Coaching, proponent of zone 2 training and coach of ultra endurance legend Rich Roll once said something along the lines of:



***Build the base of your pyramid as wide and solid as you can, in order for the top to be as strong as possible.***

He also says:

*“It is my strong belief that anyone can be an athlete: it merely requires a focus and desire to approach every day with the discipline and resilience to be any athlete you are looking to be.”*

*“Working out offers a healthy path towards self-actualization. But it can also be used to avoid ‘working in’, perpetuating denial of that which must be confronted.”*

- Chris Hauth



## Wisdom to Live by

by Doods

Your movement isn't defined only by your sheer will and discipline. What defines your practice, is your intention & experience with it. If your practice is something you “have” to do in a strict specific way despite the signs and signals your body gives you, then your practice becomes another limitation for you that can lead you to massive pain. And possibly disinterest in healthy every day movement.

If you intend for your practice to be a time for you to let loose, connect to your body and have fun, now you create a recipe for a powerful practice.

A powerful daily practice doesn't have to be long, nor overly difficult, or strict. You might incorporate healthy, primal-based movement led by your intuition along with some heart - healthy cardio and resistance training.

Get out everyday and “listen” to your body: What is it telling you today? Our body likes to move. Its when you listen to the voices in your head telling you that you are tired, bored or you need a break that your body will start to fail you.

### MOVE often | MOVE smart | MOVE to fuel

Always prioritize listening to the inner voice of your body over the fixed parameters of a routine.

Anyone can give up. It's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart.  
THAT IS TRUE STRENGTH!

## What are we listening to?

### Don't just work out. Work IN

Here is a great podcast with Rich Roll interviewing Chris Hauth & Caroline Burckle.



Episode #595

<https://bit.ly/3gMf6tS>

## Choice OR Chore?

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

In my past, I saw exercising as something I “should” do, regardless of whether I was tired or not, liked it or not, and sometimes even whether I was in pain or not. Just like taxes, I did “what I had to do”. Going to the gym was a necessary “chore”.

As I became more skilled in self-empathy, I've learned a way of living that is free from chores, and rich with choices. This may seem radical, so let me show you the self-empathy process that transforms “chore” into “choice” (whether of keeping, adapting or dropping it).

### Self-empathy looks deeper into ourselves & asks:

#### 1. Why am I doing this?

*I exercise because I want to be healthy. And it makes me feel good, more mobile and stronger.*

#### 2. What will happen if I don't do it?

*My health will suffer, as well as my ability to do things I love like travel, hike, etc. for a longer time.*

#### 3. Is there an alternative to it?

*I can't hire someone to exercise for me :) But I can choose to dance or hike when the gym is not appealing.*

**Self-empathy is about a deep awareness of what we want.** Seeing how exercise meets my desires, shifted it from a “chore” into something I choose to do. It's now a source of self-care & joy. And I look forward to doing it.

## Words of Wisdom

**“When your body surrenders to movement,  
your soul remembers its dance”**

Gabrielle Roth

