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Here, we draw some traditional ways to increase endurance along with more devious ways to keep going stronger, longer. Push it really well: need-to-know resistance allows people to ally themselves at a certain intensity or for a long period of time (hello, marathon!) The effect of endurance training on aerobic fitness parameters. Jones, A.M. Carter, H. Department of Exercise and Sport Science, Crewe and Alsager Faculty, The Manchester Metropolitan University, England. Sports Medicine, 2000 Jun;29(6):373-86. There are a number of factors that combine to create an athlete's endurance profile, and two of the most important are VO2 max and lactate threshold. VO2 max, or the maximum speed at which an athlete's body can consume oxygen during exercise, is the most popular measurement of grass capacity (although it is not clear whether it is necessarily the most accurate) Limiting factors for maximum oxygen absorption and determinants of resistance performance. Bassett, D.R., Howley, E.T. Department of Exercise Science and Sport Management, University of Tennessee, Knoxville TN. Medicine and Science in Sports and Exercise, 2000 Jan;32(1):70-84. Tests for maximum oxygen consumption produced a brainless model of human exercise performance. Noakes, T.D. Research Unit for Exercise Science and Sports Medicine, Department of Human Biology, University of Cape Town, Cape Town, South Africa. British Journal of Sports Medicine, 2008 Jul;42(7):551-5. Epub 2008 Apr 18. Although endurance capacity is primarily a matter of genetics, maximum oxygen absorption can be improved with targeted training. The training of high intensity intervals (HIIT) have been shown to do the trick, increasing the high intensity ranges VO2 max Aerobic of athletes improve VO2max more than moderate training. Helgerud J, Høydal K, Wang E, et al. Medicine and Science in Sport and Exercise. 2007 Apr;39(4):665-71. another of the resistance puzzle is the athlete's lactate threshold, or the level of effort at which lactate accumulates in the muscles Lila threshold concepts: how good are they? Faude, O., Kindermann, W., Meyer, T. Institute of Sports Medicine, University Paderborn, Paderborn, Germany. Sports Medicine, 2009;39(6):469-90. Fortunately, it is possible for practically any athlete to improve both of these measures. To improve the lactate threshold and thus the ability to train harder for longer periods of time, experienced great Noam Tamir says time racing can do the trick. Endurance athletes often have a higher percentage of slow contraction muscle fibers, which feed stationary activities such as running using oxygen efficiently to generate more energy Taken from marmitic oxygen and types of muscle fibers in trained and untrained humans. Bergh, U., Thorstensson, A., Sjodin, B. et al. Medicine and science in sport, autumn 1978;10(3):151-4. Running for a long time can train slow contraction muscles to fuel such workouts more efficiently and fight fatigue more effectively. A continuous practice of long-distance running can also help convert fast-contraction muscles into slow-contraction muscles, which will improve endurance. Safe fire resistance: Your action plan Try these tips to improve the strength of a notch. With smart training and nutritional guidance, Ironman could be totally at your fingertips! Rested. To get on long and hard, athletes need fresh muscles, says expert hailer John Mandrola: Get tough on difficult days; go easy on easy days; and never make difficult days together without proper rest. Feeling fresh can help anyone go far. Eat well. When it comes to exercising nutrition, carbohydrates are key, since the body uses lycogen for fuel when goin' becomes hard Exercise and functional foods. Aoi, W., Naito, Y., Yoshikawa, T. Nutrition Journal, 2006 Jun 5;5:15. Once the glycogen runs out, the body turns into energy from other sources and begins to burn fat. For long cardio sessions, consume 30-60 grams of carbohydrates per hour, depending on body weight. Studies have also found that a mix of carbohydrates and proteins can improve endurance performance and reduce muscle damage: win! Adaptation to a high-fat diet: effects on endurance performance in humans. Helge, J.W. Copenhagen Muscle Research Centre, August Krogh Institute, University of Copenhagen, Denmark. Sports Medicine, 2000 Nov;30(5):347-57. Effects of diet on triglycerides and resistance performance. Starling, R.D., Trappe, T.A., Parcell, A.C., et al. Human Performance Laboratory, Ball State University, Muncie, Indiana. Journal of Applied Physiology, 1997 Apr;82(4):1185-9. Effects of a carbohydrate-protein drink on cycling resistance and muscle damage. Saunders, M.J., Kane, M.D., Todd, M.K. School of Kinesiology and Recreation Studies, James Madison University, Harrisonburg, VA. Medicine and science in sport and exercise, 2004 2004 of a carbohydrate-protein supplement on resistance performance during exercise of varying intensity. Ivy, J.L., Res, P.T., Sprague, R.C., et al. Department of Kinesiology and Health Education, University of Texas, Austin, TX. The International Journal of Sport Nutrition and Exercise Metabolism, 2003 Sep;13(3):382-95. That said, keep in mind that the best mix of carbohydrates, fats, and proteins varies considerably among athletes, Mandrola says. Experiment, experiment and experiment a little more to find the right combination for you. HIIT up. It might sound crazy, but often less is really more. High-intensity interval training, i.e. rapid intense exercise attacks, can help improve endurance in combination with traditional short-term sprint interval training compared to traditional endurance training: similar initial adaptations in human skeletal muscle and exercise performance. Gibala, M.J., Little, J.P., van Essen, M., et al. Department of Kinesiology IWC AB122, McMaster University, Hamilton, Ontario, Canada. Journal of Physiology, 2006 Sep 15;575(Pt 3):901-11. Epub 2006 Lug 6. High intensity aerobic intervals improve VO2max more than moderate training. Helgerud, J., Høydal, K., Wang, E., et al. Department of Circulation and Imaging, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim, Norway. Medicine and science in sport and exercise, 2007 Apr;39(4):665-71. Need some ideas on how to confuse it? Run some stairs or try a workout on the track for some speed. Just remember to get a lot of recovery after these workouts - they are intense! Add some strength. When it comes to endurance training, variation is important. Endurance training can strengthen our bones, ligaments, tendons and muscles, helping to improve overall fitness and helping with that final sprint at the finish line Resistance training on endurance capacity and muscle fiber composition in young high-level cyclists. Aagaard P, Andersen J.L., Bennekou M, et al. Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, Odense, Denmark. Scandinavian Journal of Medicine and Science in Sports, 2011 Dec;21(6):e298-307. Mix aerobic exercise with kettlebells, dumbbells and body weight exercises to help improve the endurance Compatibility of adaptive responses with the combination of strength and endurance training. McCarthy, J.P., Agre, J.C., Graf, B.K., et al. Biodynamics Laboratory, University of Wisconsin-Madison WI. Medicine and science in sport and exercise, 5 Mar;27(3):429-36. Explosive strength training improves running times 5 km improving running economy and muscle power. Paavolainen, L., Hakkinen, K., Hamalainen, I., et al. KIHU-Research Institute for Olympic Sports, University of Jyväskylä, SF-40700 Jyväskylä, Finland. Journal of Applied Physiology, 1999 May;86(5):1527-33. Effect of resistance training regimes on treadmill running and performance in recreational endurance runners. Mikkola, J., Vesterinen, V., Taipale, R., et al. KIHU-Research Institute for Olympic Sports, Jyväskylä, Finland. Journal of Sports Sciences, 2011 Oct;29(13):1359-71. Epub 2011 Aug 22. Turn on the songs. Could it be as easy as pumping volume? Listening to music has been shown to increase endurance performance while walking, so it doesn't hurt to ally with some songs. The mind-body connection is especially strong among endurance athletes, and any pick-me-up can help when the course becomes hard Psychophysical and ergogenic effects of synchronous music while walking on the treadmill. Karageorghis, C.I., Moutourides, D.A., Priest, D.L., et al. School of Sport and Education, Brunel University, West London, United Kingdom. Journal of Sport and Exercise Psychology, 2009 Feb;31(1):18-36. Work on what is weak. People often find their fitness niche and stick to it. Instead, Mandrola advises people to mix it up to build resistance: marathon runners should work on speed, and flat landers should trample those hills. Getting to that personal best means working on what's most challenging. Drink beet juice! yes, it's science. A study has found that nitrate-rich beets can help increase resistance by up to 16% by reducing oxygen intake in athletes (it is unclear whether other nitrate-rich foods produce similar effects) Promoting functional foods as acceptable alternatives to doping: potential for an information-based social marketing approach. James, R., Naughton, D., Petroczi, A. Journal of the International Society of Sports Nutrition, 2010 November 10. Then consider drinking beet juice along with that bowl of pasta the night before race day. You never know. Just remember that beet juice can be high in sugar, so use in moderation. Train smart. The principle of gradual adaptation, i.e. mileage and speed in slow and constant increase, is a great way to build resistance. There are ways to do this safely to avoid injuries, from running on soft surfaces, to getting enough sleep and drinking tons of water. Water.

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