



## DAN ROBERTS

### Writer

Dan Roberts is a well known personal trainer and consultant to top athletes, sports teams and VIPs all over the world. He also runs fitness bootcamps in Miami, LA and Rio. A keen runner for nearly 20 years, he has competed in all distances from 100m to Ultra Marathons. His sage advice on weight loss awaits you on p36. [www.danrobertstraining.com](http://www.danrobertstraining.com)

# THE MR MOT LIGHTEN YOUR LOAD

If you're serious about weight loss you need to do more than just your regular plod around the block in your New Year regime

**W**hy do we love running? Probably because it ticks so many boxes; it keeps our hearts strong, forms a foundation for sporting fitness, it's free, easy, fun to do, we can do it anywhere and on top of all that it's a great way of losing weight. Or is it? Unfortunately not. The simple truth is; to optimise weight loss, cardio alone is not enough.

As a runner you have no doubt noticed that your weight loss has reached a plateau. To break through the plateau and drop those pounds it's essential you add weight training and adopt a sound nutritional strategy. Start the following program today and you'll lose around ten pounds by the end of the month.

### RUNNING

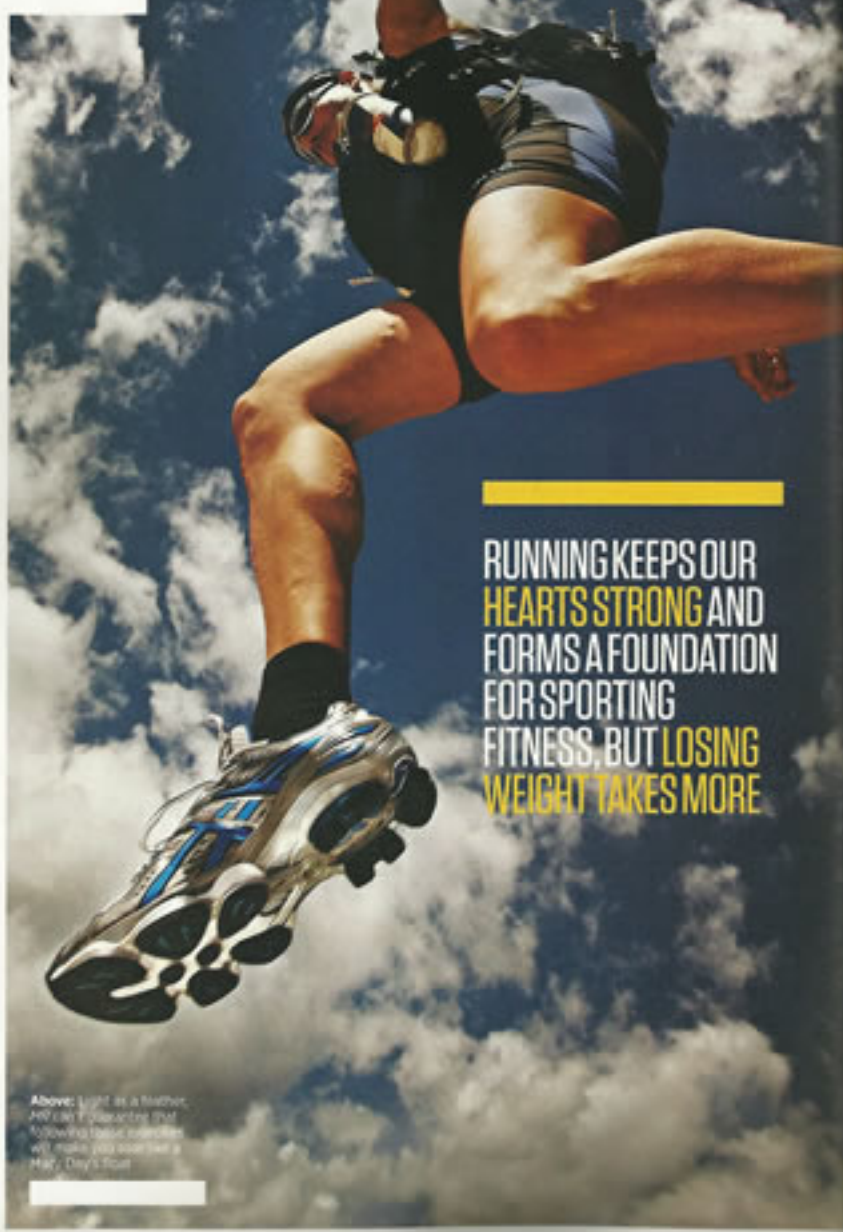
Fartlek training is the way forward. Randomly mixing up the pace keeps your body guessing and will burn fat more quickly.

For the next four weeks run three to five times per week, doing 30 minutes of sprint fartlek workouts.

Do it with someone else and take it in turns to change speed. No matter how good a runner you are, fartlek training makes the difference.

### WEIGHTS

Deciding on the best exercises for weight loss is complicated. You have to optimise muscle fibre activation, increase natural levels of growth hormone and testosterone and consider which movements compliment a regular runner in terms of functionality, injury prevention and core activation. The following three exercises need to be in your program. Do them four times per week to maximise results. Ideally, do them straight before your running. Studies have shown that this maximises post workout metabolism levels.



RUNNING KEEPS OUR HEARTS STRONG AND FORMS A FOUNDATION FOR SPORTING FITNESS, BUT LOSING WEIGHT TAKES MORE

Above: Light as a feather, MR MOT presents the following three exercises to help you lose a few lbs. Day's Start

## HURRY UP AND WEIGHT

### DEAD LIFT

Swallowing a heavy barbell maximises testosterone and growth hormone levels while strengthening the biggest muscle groups in your body. If you could only do one exercise, this would be it.

#### Technique

- Start off with a light weight to practice the movement.
- Drive upwards, quickly driving heels into the floor whilst thrusting your hips forward.
- Breathe out as the bar lifts up past your knees.
- Spend ten minutes with the bar and keep on lifting. If you can do more than 12 reps in a row it's too light.
- Take minute-long rests after each set.



### PULL-UPS

Pull-ups are the hardest upper body exercise. They work arms, shoulders and back.

#### Technique

- Full extension of your arms.
- Don't swing your legs.
- If you can do ten normal pull-ups, then do wide grip pull-ups. They are hard, but don't despair, most personal trainers I know can't even do one good rep!
- Do ten sets of as many as you can.

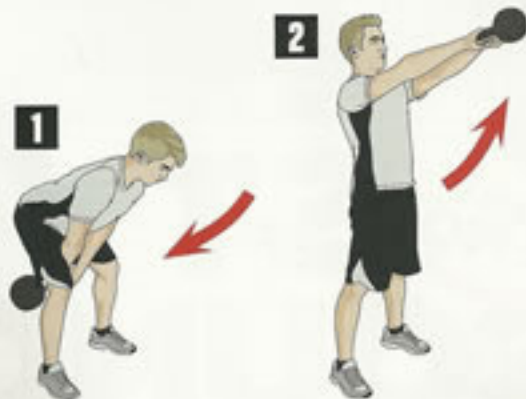


### KETTLEBELL SWING

This is slightly different - a dynamic total body exercise using a kettlebell. It is an explosive movement that you do many times. Mixing endurance and power in one exercise burns serious calories.

#### Technique

- Drive upwards through your heels remembering to thrust your hips forward.
- Explode upwards and use the momentum of the kettlebell.
- Do 100 reps, without rest. Start off light (8kg) and go a little heavier each week.



## EAT THIS, DRINK THAT

### MAKE SURE YOU'RE PROPERLY FED AND WATERED

Eating correctly is key for dropping weight while still fuelling your body for work, play and those winter runs. There are so many factors to consider. To make it easier, follow these four rules for six days a week, then, like God, take a break on the seventh.



**1** We know it's early and you might be reaching instinctively for the coffee pot, but drink a pint of water as soon as you wake up.



**2** No matter how much you might want to gorge at the end of the day, opt instead for five small meals, the last one being protein-only.



**3** It sounds obvious, but you need to eat less. Take on ten per cent less calories per day than you normally do and see and feel the difference.



**4** We know this is going to hurt, but don't eat bread or drink fruit juice and reduce alcohol consumption by 50 per cent.