

DATES TO REMEMBER

MON 15 TH JULY	JULY/AUGUST BOOTCAMP BEGINS
TUES 16 TH JULY	TERM 3 GROUP CLASSES BEGIN
SAT 3 RD AUGUST	NO BOOTCAMP SESSION TODAY
MON 12 TH AUG	LAST SESSION FOR JULY/AUG BOOTCAMP
MON 19 TH AUG	5 WEEK BOOTCAMP BEGINS
SAT 21 ST SEP	LAST SESSION FOR 5 WEEK BOOTCAMP
SAT 21 ST SEP – OCT 6 TH	SCHOOL HOLIDAYS
MON 7 TH OCT	TERM 4 BEGINS

RATE YOUR MAXIMUM PUSH-UP

RATING	AGE				
	20-29	30-39	40-49	50-59	60+
EXCELLENT	>54	>44	>39	>34	>29
GOOD	45-54	35-44	30-39	25-34	20-29
AVERAGE	35-44	25-34	20-29	15-24	10-19
FAIR	20-34	15-24	12-19	8-14	5-9
POOR	<20	<15	<12	<8	<5

WINTER SUN

A new reason to absorb more vitamin D

A dose of vitamin D has long been touted as a healthy side effect of sun exposure. Now, baring your skin to ultraviolet rays may also improve heart health, a new study suggests. Researchers at the University of Edinburgh found that, when sunlight hits our skin, a compound called nitric oxide is released into our blood vessels. Nitric oxide can help lower blood pressure. Yet another great reason to get out for a run on those blue-sky winter days!

UP FOR A CHALLENGE?

Here's the latest cutting-edge news and research to help you perform your best.

The latest research from the Auckland University of Technology, shows that the best way to approach hillwork is to go at it full tilt. The Kiwi researchers had 20 well-trained runners do one of five different hill sessions during six weeks. Those doing the highest intensity session reaped the biggest gains to their running economy and neuromuscular systems. But if your legs are turning to jelly at the very thought of hill sprints, don't despair: everyone – regardless of which session type they did – significantly improved their 5K times by an average of two per cent. So even if you have to plod the whole way up, regularly running uphill can help you crest new peaks.

WATER AND HYDRATION

One of the best ways to limit the effects of dehydration during exercise is to start ahead of the game and drink enough before it. "Checking your urine pre-exercise is an easy way to see if you're prepared," says Anthony Meade, Adelaide-based sports dietician. "If it's clear and copious, maybe you're drinking too much. If it's the colour of iced tea, you need to drink more. If it's a pale lemonade or straw colour, you're probably adequately hydrated."

"The question is not if you are doing enough, but what else can you do – your mind is your only limitation"

