



## **EXERCISE SPECIFICITY: SPECIFIC TRAINING FOR SPECIFIC RESULTS**

Whether your fitness goal is to be able to run a marathon or just general wellbeing, it is important that the training you are performing is targeted at your goals. If your training is not targeted specifically at your goal, you may find that you are spending much more of your valuable time than you have to, trying to achieve those results.

It would seem to be common sense to say that if you want to be better at running, then your training program should include some running or if you want to be stronger then you should perform some strength training. However it seems that this common sense is lost on a lot of people and many individuals out there are performing exercises that are almost unrelated to their goal. In the busy world that we live in, it is important to get the best 'bang for your buck' out of exercise, so if you're spending two hours training to get results you could better achieve in one, then its time to look at altering your training.

Let's use fat loss as an example, as it is the most common exercise goal. To put it simply, the most efficient way to lose fat would be to try and burn as many calories in your set training time as possible. Obviously, if you can increase the workload of your training session and burn 750 calories in half an hour instead of 400, then you are going to achieve your results much quicker. This doesn't mean that your training sessions should involve working to absolute exhaustion, but it does mean achieving a balance between enjoyment, pushing your limits and staying true to your original goal.

If you consider the time spent training as an investment, you most certainly would want to achieve the best possible results for you given outlay. Exercise is the same as any type of investment in that your outlay; 'time' should be best utilised to bring in the most rewarding return.

So, if you have been exercising and have found that it is taking much longer than you expected to achieve your goals then it's time to reassess your training. Set an achievable goal and time frame; pick appropriate training and try to step outside of that comfort zone a little more often. If you take this structured approach to your training, you should find that your goals will come a lot sooner. Enjoy Fitness!

The information contained in this article is to be used as a guide only. If you plan to undertake an exercise program you should first consult your medical practitioner and fitness professional.