

## **Training Fast Twitch Fibers/ Weight Loss and Muscle Building**

According to the experts and fitness gurus.

If you train fast twitch fibers you develop speed and power.

If you train slow twitch fibers you are going to develop slow fibers.

Think of a sprinter's body compared to a long distance runner's body? Which looks stronger and more powerful.

In order to maximize your efforts the experts are saying sprints on the recumbent bike work awesome. Do interval or sprint training

- Full out sprint for 20-30 seconds, push yourself with intensity. Recruiting fast twitch fibers.
- Then a slow recovery phase for 60- 80 seconds, is a measure of heart rate.
- This will be performed for 20 minutes or about 8-9 sprints.
- What you should see is on the recovery phase your heart rate remains at 134-140.
- 20 minutes 3 times a week.
  
- This will increase your Growth Hormone (GH) by 300- 600 times and will last for 2 hours after training
  
- It is important to understand that once you reach your full height at age 32-33 your GH output diminishes- resulting in Somatopause or the middle age spread. (You lose muscle and put on body fat).
  
- So the training to increase GH is no longer for a growth factor but for a fitness factor. The idea is to make it an anaerobic exercise as you deplete your O<sub>2</sub> as you are doing the sprint and replenishing it as you recover keeping your heart rate elevated to burn more.
  
- Monitor your heart rate and check the METS, calories measure is a measure of body temp. The target or goal is to burn calories for hours after training.

After the workout it is important to use good nutrition or a recovery drink. You do not want to spike your insulin so protein is number one and limit your carbs, if you want to burn fat. If you want to build muscle you need carbs after the workout.

A good Pre-**Post workout drink**- (drink ½ hour pre and post w/ 30-45 minutes)

- 2 scoops of whey protein
- 2 tsp honey
- 12 oz OJ
- 8oz H<sub>2</sub>O
- Glutamine- 10 gm
- Arginine- 200 mg
- Creatine 5 mg.

<http://fitness.mercola.com/sites/fitness/archive/2010/11/13/phil-campbell-on-peak-8-exercises.aspx>

