

# One hour 58 minutes and one second!!

The Fiveways Directory Editor reporting on success in the New Forest and the whole personal trainer experience

**In the last six months we have been running an article written by local personal trainer, Liz Fulford, and partly by myself, the editor of the Fiveways Directory. Our purpose has been to provide an insight into the workings of a P.T. from the standpoint of the trainer themselves and also from that of the customer.**

Provoked by a friend who had done it, I set a goal for myself of running a half marathon in under two hours within 6 months and as I honestly believed that I was one of those people whose anatomy was such they couldn't really run more than a few hundred yards without having to stop, or developing some pain somewhere in their body, I felt this represented a fair enough challenge for all involved. I could expound on this further and mention the 'speed wobble' phenomena I had been noticing in recent years but I don't think that is really necessary!

As, like a lot of people I am sure, I had no real experience of how a P.T works and I would like to summarize my experience in this article and outline the benefits I have gotten from this project.

This may ring true with a few of you: on several occasions in the past I have joined a gym in a flurry of enthusiasm, with the goal of getting fit and feeling better. I attended a few times and then a few short weeks after signing up I stopped. Inexplicably almost. I just could not get myself to go; creating along the way all manner of excellent and convincing excuses. The feelings of guilt at not doing anything to get fit that were present before signing up at the gym, now being compounded by the fact that I was now wasting hard earned money and making up brilliant reasons why it was OK to waste it, were enough to make me vow to never fall into that trap again and steer well clear of the gym membership. However the actual net result of this twisted logic was to never get fit and enjoy the benefits that go with it.

This leads me to, in my opinion, the first advantage of the P.T. route over other ways of getting fit. With a personal trainer you only pay for the hours you are with them, it is not a subscription system so you don't waste money!!

It also leads into my second point: When you have a personal trainer you are accountable to someone for your progress and once a week you have to tell someone what you have done on your program. Now Liz was great and never made me feel bad or guilty about not doing my steps but believe me having to listen to myself verbalise the same excuses that I used to use to convince myself I couldn't go to the gym, soon made me just buckle down and get on with my training out of sheer embarrassment!



How it works with Liz (I can't speak for other P.T,s) is that when signing up Liz will come and meet you. The purpose of the first meeting is several fold; Liz will discuss with you what you want to achieve and in what time frame you want to do it, she will get an idea of your lifestyle and diet and she will also put you through a series of physical tests and record the results so that you can see progress made at a later stage. From this meeting Liz will go away and put together a bespoke program designed exactly for you and with the sole purpose of you reaching your goal.

Following on from this on a weekly basis you receive a print out from Liz of exactly what you are meant to be doing during that week. Liz then helps you through your program and each month reassesses you to see what progress has been made. Simple as that!

Now as mentioned my goal was to run the New Forest half marathon on September 16th in under 2 hours. I remember the first actual training session I did with Liz; 2 mins walking, 2 minutes running for half an hour plus a few press ups and other exercises. Honestly I thought I was going to collapse!! How could I ever run non stop for 2 hours and 13.1 miles?

*continued on page 18...*