

STAY FIT!

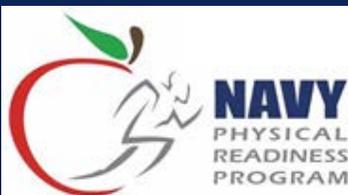
JUNE 2013

5/10 Kilometer Prep

For those that missed the recent race season, the next season is just around the corner. Start training now for the next race season. Some helpful advice to getting started:

- Set a realistic goal.
- Run with a partner.
- Use interval training.
- Use a heart rate monitor and push yourself beyond your normal HR.
- Staying hydrated is a key component.

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!](#)

Sailors from the USS Abraham Lincoln work out in the early morning hours. Group PT with your command is an excellent way to motivate your Sailors, build camaraderie, and promote physical fitness.

WORKOUT OF THE MONTH: [Hegdahl](#)

(click on the link or go to our website and look in Sample Workouts)

Warm-up

5-10 min light jog

Workout

Use a base track or measure another designated area that is approximately 400 meters and can easily be marked in 100 meter increments. For the track, jog the straight-aways and increase your speed on the curves to about 70-80% of your sprint speed, then jog and recover on the straight-aways.

Week 1: 20 min

Week 2: 25 min

Week 3: 30 min

Week 4: 35 min

Cool down

5-min light jog and stretch

Notes: This is a great workout for an individual or command. Each individual in the command can adjust their intensity to their respective abilities. The times listed can also be adjusted.

About the Workout: Seaman Apprentice, Douglas Hegdahl, became a POW on 6 April 1967 during the Vietnam War. He was imprisoned until his release in 1973. When released, he brought back a list of over 200 POW's names which he memorized to the tune of the nursery rhyme, "Old McDonald Had a Farm".