

GOT A QUESTION?

ASK SGT KEN™

✉ askthetrainer@startfitness.com



Illustration by Seamas Gallagher

Dear SGT Ken,™

My fitness routine consists of weights and cardio. What gives better results – weights before running or vice versa?

Thanks,
Wayne B.
Start Fitness Member™
San Francisco, CA

Dear Wayne,

Theory: There is no perfect science to determine which should be performed first – weights (anaerobic) or cardio (aerobic). Your body composition, diet and rest pattern will always determine your opportunity to obtain optimum results from your fitness routine.

The Army Physical Fitness Test (APFT) is designed with push-ups, sit-ups and a two-mile run. The exercises were deliberately placed in that order with aerobic activity last. This is a usual practice during most military physical fitness sessions. The first theory behind this is that in order to handle the jarring that occurs in the joints while running, the muscles must first be warm and firm through anaerobic activity in order to support the joints during aerobic exercises. The other theory that comes to mind is that the military uses running or other aerobic exercises to loosen up the muscles after anaerobic exercises (body resistance or weight training exercises) thereby leaving the fitness session with more relaxed muscles.

Warning Statement: Your aerobic activity should be light during fitness sessions where your anaerobic activity is extreme. Meaning, when the muscles are too exhausted to properly support bone joints due to the result of extreme anaerobic work, remember to be careful when performing aerobic exercises that create impact on the joints.

Suggestion: Perform a circuit with several anaerobic exercises and maybe one to two aerobic exercises targeting similar muscle groups. Example section of an indoor fitness routine targeting the legs: Anaerobic activity such as lunges and leg presses accentuated with two minutes of jogging on the treadmill and/or stationary cycle and perform the circuit three times.

Dear SGT Ken™,

I am an avid runner but for about 3 years now, I have had pain on the inside of my left leg near my ankle. The pain felt like it was only in a small area about 2 inches long but whenever I ran more than about 15 miles a week, it would always feel very sore. I started reading about leg length discrepancy so I experimented by putting a gel insert into my right running shoe and no insert into my left running shoe. At first this felt very strange but after doing this for 2 months now, I can say that the old pain I had in my left leg is almost gone and I still run the same mileage. My new problem is that my right knee has started to hurt now. What should I do?

**Francisco Zuniga
LTC, EN, TXARNG
Executive Officer**

Dear LTC Francisco Zuniga,

Theory: It is quite true that in some cases an insert placed in the right shoe may help posture and stability. In fact, I am an Operation Iraqi Freedom veteran that came back with a couple of minor combat-related injuries. I am currently a user of the PostureFlex insert (www.postureflex.com/). Getting use to the product felt weird for me as well. I also experienced some issues with my right knee on the fourth week. Lee Cole, the creator of PostureFlex, suggested a different grade of thickness for my insert. After experimenting with a thinner insert and adding a great deal of core strength training exercises to my weekly physical fitness routine, I am running with no pain

whatsoever and my endurance is actually better than what it was prior to my deployment.

As far as running shoes are concerned, I suggest New Balance 855 running shoes. Now, I receive absolutely no endorsements from any sports company at all. My suggestion is based on my experiences and what works well for my fitness members.

Bottom line is that a gel insert may not be the correct method of recovery. Also, we all need additional core training. Please refer to the PostureFlex link above.

Once again, thanks for contacting GX and START FITNESS™. Feel free to contact us at any time with any questions or concerns that you may have regarding Health and Fitness for you, your family, or your friends.

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Got a fitness question? Email SGT Ken™:

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