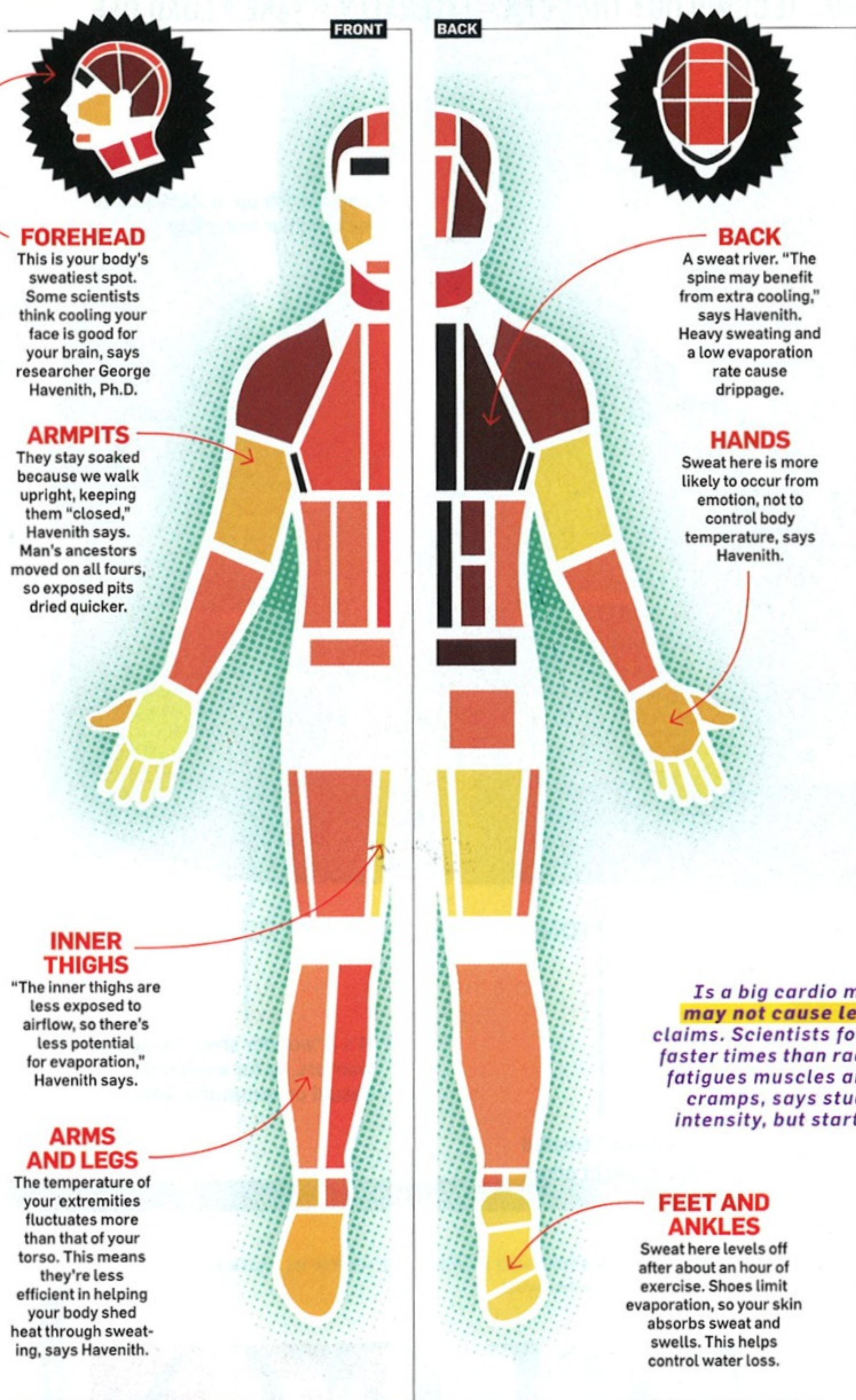
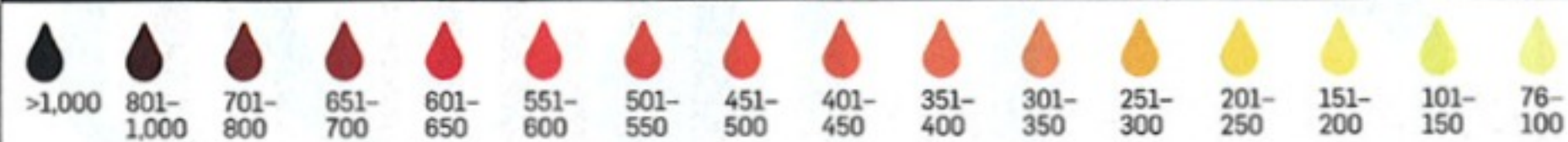


KNOW YOUR SWEAT SPOTS

Heavy sweating can indicate fitness, but too much is annoying. Here's where men clam up, according to British researchers. Your fix: thigh-ventilated shorts and shirts with mesh backs.



KEY: Sweat rate (grams per square meter of skin per hour)



CYCLING HOT AND COLD

Your summer workouts will pay off in the fall. **Adding low-intensity training to hot-weather workouts improves your performance in the cold,** a recent study from the University of Oregon found. Cyclists who added low-intensity workouts in 100°F heat increased their power by 7 percent during a cold-weather event, while those who did the same workouts in cooler temps made

smaller gains. Study author Santiago Lorenzo, Ph.D., says heat acclimation raises plasma volume—the liquid part of the blood. This may increase delivery of blood and oxygen to your muscles, so you can exercise harder and sweat sooner for better thermoregulation. Layering tees may have a similar effect—but be careful not to overheat, he says.



CRAMPING STYLE

Is a big cardio mystery solved? Dehydration or electrolyte depletion may not cause leg cramps during exercise, a new South African study claims. Scientists found that cramping triathletes were more likely to have faster times than racers who didn't cramp. Intense, repetitive contraction fatigues muscles and may alter neuromuscular control, which can lead to cramps, says study author Martin Schweltnus, M.D. Try training at high intensity, but start with short intervals and gradually increase duration, he says. Then dial it back a few days before an event.

ON OUR RADAR

New gain for sprain pain

Severe ankle sprains can cause craterlike bone damage and residual pain. But new research shows that surgery to fill the site with spongy bone material (from a cadaver) and then covering it with stem cells may lead to total healing. This treatment could replace a more invasive procedure that uses cartilage extracted from the knee, says study author Stephen Brigido, D.P.M.

Illustration by OLIVER MUNDAY