

CARDIO

BULLETIN[®]

Edited by Laura Roberson

FITTER, FASTER

To train harder, try shortening your workout intervals. In a new study from the University of Nebraska at Omaha, cyclists performing 30-second intervals at 90 percent effort could exercise 20 percent longer than when they did 3-minute intervals, even though their heart rates were higher during the short sprints. "Less lactate accumulates in 30 seconds," says study author Jorge Zuniga, Ph.D. Aim to do 15 to 20 half-minute sprints at 90 percent of your max heart rate, separated by 30 seconds of rest.

Shorter intervals can improve fitness levels for many athletes, including runners, swimmers, and rowers, the study author says.

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AVERAGE MARATHON TIME FOR 40- TO 44-YEAR-OLD MEN, THE FASTEST AGE GROUP

Source: marathonguide.com

BEWARE OF JET LEG

A plane ticket, 26.2 miles, and a trip to the ER? **Out-of-town marathoners may be at higher risk of deep vein thrombosis**, suggests new research in the *Clinical Journal of Sport Medicine*. Scientists found that marathon participants who'd flown cross-country for an event had higher levels of blood-clotting agents just after the race than local athletes did. Flying may cause blood clots

to form faster than they can break down, says study author Beth Parker, Ph.D. To cut your risk, she suggests

wearing compression socks on your flight. (See *Health Bulletin* to further assess your risk of overclotting.)

ON OUR RADAR

Pain with no gain

Skipping the gym can hurt, literally. In a 2011 Israeli study, regular exercisers who slacked off for 7 days reported increased body tenderness similar to symptoms of chronic pain disorders. The tougher their normal routines were, the worse their pain (and their mood) during the break. The flip side: Exercise may combat pain.

WAKE UP A WINNER

Tossing and turning the night before a race won't necessarily wreck your performance, but research shows it can disrupt your focus.



2 OUT OF 3 MALE ATHLETES

report sleeping poorly the night before a big event. It's worse in solo athletes, who have more anxiety than team players do, says Daniel Erlacher, Ph.D., author of a new German study. Among poor sleepers . . .

80% HAVE TROUBLE FALLING ASLEEP
Maintain consistent meal and gym times, and it'll be easier to stick to your bedtime, says MH sleep advisor W. Christopher Winter, M.D.

72% OBSESS ABOUT AN EVENT
Are you in bed early? Bad idea. If you're not sleepy, your mind will race. Go to bed later than normal. Quality will make up for quantity.

39% WAKE UP TOO EARLY
A common cause: fear of oversleeping, says Dr. Winter. Order a hotel wake-up call and set an alarm. Having that backup helps you relax.

26% CAN'T SLEEP AWAY FROM HOME
If you're staying in a hotel, bring your pillow to create "a sense of home for multiple senses—touch, smell, and sight," says Dr. Winter.

From top: David Madison/Alisport Concepts/Getty Images; Todd Dewiler