

Cross-Training: Work Smarter, Not Harder.

By Anna Miller, Group Exercise Director

Two Basic Approaches to Cross-Training:

Multiple Activities

One option is to combine 2 or more types of physical activity with the same goal. For example, aerobic activity might include a cycle class followed by a swim.

Alternating Days

Another option is to alternate 2 or more types of activity during the week. For example, Yoga on Monday and Wednesday and aerobic activity on Tuesday and Thursday. The key is to choose activities you enjoy while maintaining variety.

Cross-Training Benefits:

Reduces your risk of injury

Cross-Training gives your muscles, joints and bones a rest from repetitive stresses which can cause overuse injuries. In addition, if you are utilizing activities where opposing muscle groups are used, you will create balance in your muscles which will also reduce injury.

Keeps you interested

Variety in your workout can keep you motivated. Research shows if your routine is fresh and fun, you are more likely to stay with your exercise routine. When that happens, you will exercise more regularly, which will help you burn more calories and improve your performance.

Getting Started:

To get started, decide which activities interest you; including dancing, biking, yoga or roller-blading. Get creative! Seattle Athletic Club offers a wide variety of complimentary Group Exercise, Cycle and Yoga classes. Keep in mind, you want to incorporate aerobic activity, strength training and flexibility. Make sure you have the proper shoes and gear. As with any workout program, ease into it and have fun!

