



James training in Richmond Park. Focus on building intensity into training sessions like this.

Photograph Matt Howell

CRACKNELL'S TIPS

Double Olympic champion rower James Cracknell reveals his secrets for maintaining year-round fitness to guarantee you're always ready for any challenge.

HIGH MAINTENANCE

"Rest is rust, as my old rowing coach used to say. If you maintain a good base fitness you can step it up pretty quickly for a specific event. I try to maintain fitness all year round, training for one hour a day during the week and going on longer rides at the weekend."

FOCUS ON INTENSITY

"The great distance runner Emil Zatopek said, 'Why teach yourself to run slowly?' Run with intensity, don't just jog - if you've only got an hour, make it count. It's the same with swimming - I do interval training, similar to my runs. There's no point just doing a set number of lengths. You have to work to get tired because it's a weight-supported sport."

RAISE YOUR THRESHOLD

"Work to increase your anaerobic threshold, the point where your body switches to anaerobic fitness and the lactic acid cannot be cleared out. While you are pretty much



"Shared sacrifice will make you carry on."

born with your VO_2 max [Ed: a measure of your cardiovascular fitness based on your ability to utilise oxygen], you can raise your anaerobic threshold. Once you know your threshold you can train more efficiently at the right intensity. Increase your anaerobic threshold and you'll race faster too. We buy

kit like heart rate monitors but then we shy away from a simple physiology test. I did a master's in sport science to understand what my body was doing. If you want to invest in equipment it's worth putting in time and investment to check you are training right." [Try www.kineticpersonaltraining.com for anaerobic/lactate testing]

BEAT BAD HABITS

"I don't count my calories, but when I feed the kids I find myself eating too, and I eat later as well. That's a habit I have to break. It's wise to exercise portion control and try not to eat too much processed food, so rice and potatoes instead of pasta, for example."

AIM HIGH

"The best way to keep going with your fitness training is to set yourself some targets, like taking part in events, and then train with a group of people. A shared sacrifice with others will make you carry on."