

April 2008

WEIGHT-LOSS SPECIAL

RUNNER'S WORLD

Slim & Strong

Nutrition and Training Plans for Dropping 5...10...15...20lbs or More

PLUS: ENERGY-BOOSTING MEAL MAKEOVERS

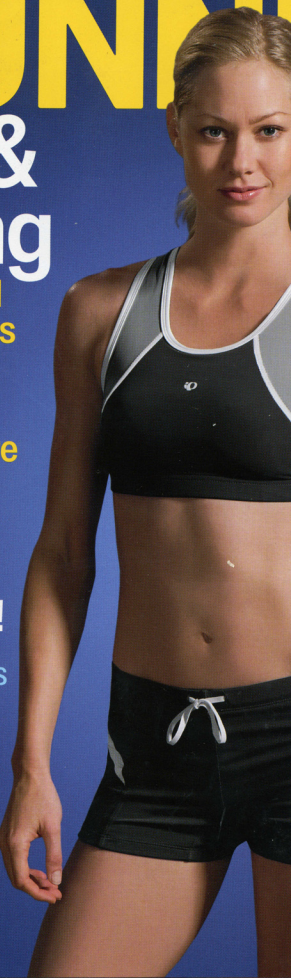
Injury-Free!

5 FIXES FOR BAD RUNNING HABITS

Be Your Own Coach
10 Tips from the Top

A Faster Pace For Any Race

WORKOUTS, Page 40



Weight-Loss SPEC

The Nutrition Plan

"THERE ARE TIMES WHEN I'M WORRYING THAT I get so hungry, I'm shaking," says Sanders, who often forgets to eat while she's managing an event, then snacks on high-calorie comfort food afterward. That's Sanders's major problem, says nutritionist Nancy Clark: Sanders typically creates a massive calorie deficit during the day, then gets so hungry she overeats later on. Clark wants to overhaul Sanders's habits by making sure she eats at least four times a day and doesn't go more than four hours without eating. Here's how:

DETERMINE HOW MANY CALORIES YOU NEED

Clark uses the formula below to calculate the number of calories clients should consume daily to gradually lose weight while still being able to maintain energy to exercise. Keep in mind that 3,500 calories equals one pound.

- 1 Multiply your goal weight by 10.
- 2 Add 20 percent of that number if you sit at a desk all day; 50 percent if you're moderately active; or 70 percent if you're moving all day.
- 3 Add the number of calories burned during your workouts (see "What's Your Sweat Worth?" page 68).
- 4 Reduce the total by 15 percent.

KEEP A STEADY PACE

Aim for four small meals a day that are about the same number of calories. To help evenly distribute your calories, think of each meal as a bucket. Make sure you have at least three types of food in each bucket: fruits and vegetables, grains, and protein like low-fat dairy and lean meats. Fifty-five to 65 percent of the calories in your diet should be from carbs (whole-grain breads, fruits); 10 to 15 percent from protein (chicken, tofu, beans); and 20 to 25 percent from unsaturated fats (olive oil, walnuts).

TRACK INTAKE

Go to calcounting.com to learn how many calories a food has and loosely count them. "Round to the nearest 50," says Clark. Post a calorie list on your fridge for the 20 foods you eat most often.



THE BUCKET SYSTEM

Sanders needs about 2,200 calories a day to lose weight. Here's what that looks like.

Breakfast 600 calories
Kiwifruit (1 cup) 100 cal
Oatmeal (1 cup) 150 cal
Banana (1 med.) 100 cal
Eggs (1 egg) 70 cal
Fruit (1 cup) 100 cal

Lunch 600 calories
2 slices whole-grain bread (200 cal)
Pasta (1 cup) 100 cal
Tomato (1 med.) 10 cal
Egg (1 med.) 70 cal
Cucumber (1 med.) 10 cal
Tuna (1 can) 100 cal
Cheese (1 oz) 50 cal

Second lunch (3 or 4 p.m.) 400 calories
2 slices whole-grain bread (200 cal)
2 tbsp peanut butter (200 cal)
Cantaloupe (1 cup) 50 cal
Milk (1 cup) 100 cal

Dinner 600 calories
6 ounces chicken breast (300 cal)
1 sweet potato (100 cal)
2 cups broccoli (100 cal)
2 tbsp rice (100 cal)

The Training Plan

"WHEN I LOOK AT KATE, AND YOU SEE A RUNNER," says coach Tony Williams. "She has a fluid, easy stride." Williams wants Sanders to run, cross-train, and work on her core to maximize her calorie burn and give her enough strength and endurance to eventually run up to six days a week. To start, she will run three or four days a week, cross-train three times, and do a three-weekly core routine. She has one rest day a week. As summer approaches, Sanders will run more, cross-train less, and focus on these four strategies:

QUICK TIP

Beware of liquid calories. Sodas, juices, store-bought smoothies, and coffee drinks have nearly enough calories to constitute a meal.

GET A PHYSICAL

"Biomechanical issues in people who need to lose more than 25 pounds are exacerbated by their weight," says Williams, who sees lots of heavy runners with IT-band problems and plantar fasciitis.

KEEP STAYS

Log your daily workouts and weight. The sense of accomplishment is hard to feel when you look back and see that you can cover the same two miles two minutes faster and you weigh 12 pounds less.

DOUBLE UP

One weekend day, do a moderate run of 40 to 60 minutes in the morning. In the afternoon, ride a recumbent bike for 30 minutes. You'll burn extra calories and get blood flowing to your muscles, which will help speed your recovery.

SPEED UP AND SLOW DOWN

Once a week, do a tempo run, which will help boost calorie burn. Slow down for weekly long runs (which should be at least 30 minutes of easy effort) so your body uses fat, not carbs, for energy.

WHAT A DIFFERENCE

A week of workouts for Sanders then and now

	THEN Calories Burned	NOW Calories Burned	Calorie Difference
MON	0:00	45 min jog, 10 min moderate, 15 min brisk (477)	453
TUE	2 miles jog, 20 min bike (235)	2 miles jog, 20 min bike (235)	123
WED	0:00	Core (15 min), 10 min brisk (187)	491
THU	2 miles jog, 20 min bike (235)	45 min jog, 10 min moderate (405)	96
FRI	0:00	0:00	0
SAT	0:00	3 miles jog, 20 min bike (337)	844
SUN	1 mile jog, 10 min bike (117)	5.5 miles jog, 20 min bike (432)	108
	Total calories burned: 1,755	Total calories burned: 3,000	Extra calories burned: 2,055

Check out Nancy Clark's Open on nutrition for weight loss at Sanders's blog: runnersworld.com/weightchallenge.