



BE PREPARED

If you're planning to compete in a duathlon, you'll need to think about making the transition from each leg as smooth as possible. Invest in elastic laces for your running shoes (so you can slip in and out quickly) and a race belt, which makes it easy to turn your race number from the front (while



running) to the back (while cycling). If you're exercising for more than an hour, it's important to take on more than just water. Have an energy drink ready on the bike and stuff energy gels into your belt. Make sure you try out different brands during training to find one that suits your stomach.

ning together in one workout). He also suggests seeking professional advice on how to set up your bike correctly so you avoid injuries. 'Once you've spoken to a coach about your training and you've made sure your bike is in the best position for you, then you may want to invest in some fitness testing,' he says.

'A VO₂ max test tells you the maximum amount of oxygen your body can take on and use during exercise, and is a measure of cardiovascular fit-

ness. This will help you set yourself training zones so you can put together a personalised training plan.

'The training zones break down into five different zones, usually relating to your heart rate. They can be used to work on different components of fitness such as endurance,

power or speed, which will give you the ability to last the distance and finish the race.'

For upcoming events in your area visit www.trifinder.co.uk/duathlon To find out more about Pat Leahy's training, visit www.provo2.com

ROAD TEST

What is it? Purifyne's Morning After Detox is a 24-hour juice-based programme delivered free to your door, which aims to rid you of the mother of all hangovers.

Why we like it: We're nearing pub garden season, which means drinking in the sun. We're also approaching wedding season, which means hen and stag parties aplenty, not to mention boozey receptions. Either way, operating at 100 per cent or close to it on Monday morning is a must – so a 'miracle hangover cure' is helpful.

On returning from a bachelor weekend I find a box of three

500ml juices, five fizzy pops and four teas waiting for me. They're bespoke mixes, as promised, not off-the-shelf remedies. To my surprise, most taste delicious and the addition of ginger lemonade, coconut water and teas to break up the fruit juice routine is welcome.

The thought that has gone into choosing the right ingredients is apparent and picking out the same products in a supermarket, let alone mixing them, would be time-consuming and costly. Following the routine to the letter, I'm feeling tip-top by

mid-morning the next day – a state of well-being not shared by the rest of the stag party.



Why we don't: Filling out the pre-delivery health questionnaire took time and the amount of literature accompanying my juice box was enough to prolong the headache I was trying to lose. Purifyne even sent me tips via email and text just in case I'd forgotten I had a hangover in the first place.

James Day

1-day The Morning After box, £85, www.purifyne.com

TRAINING TIPS

Who has time for a 60-minute workout these days? Celebrity fitness trainer Nicki Waterman (pictured right) suggests sneaking more exercise into a busy day by adding a five-minute press-up and sit-up session in the morning before work and a 30-minute walk or run in your lunch hour.

'Raising your heartbeat twice a day, as opposed to once, results in a bigger boost to your metabolism and means you'll burn more calories in the "afterburn" period,' she says.

'Press-ups, sit-ups and all types of resistance training help speed up weight loss because it boosts metabolism, which remains in overdrive for up to two hours after exercise.

'The more muscle mass you have, the more calories you burn per day; every pound of muscle you gain burns about 35 calories a day, compared with a measly two calories per pound of body fat.'

What more motivation do you need to get pumping?



It takes two: The duathlon cuts out the swimming leg of a triathlon

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