

Personal Trainer

Spends Four Days with a Fitness Trainer

does not need your Big Macs.

Day three started off badly. Coughing and sneezing hurt, but I was still feeling somewhat motivated. I was a bit nervous that Tyrone would make me run on the treadmill again, but luckily we were doing weight training.

Tyrone showed me how to tone and build muscle on various machines for all of my major muscle groups. With each exercise, he also showed me what all the gadgets on each machine were for. My favorite was the flabby arm machine—after all, no one likes flabby arms.

Day four, dreaded cardio—today is the day.

I got on the treadmill, which is my new best friend for my final session with Tyrone. While warming up, Tyrone explained that I would be working in Zone Three, so my heart rate should be between 158 and 175 beats per minute for most of my workout.

Once again, Tyrone increased the incline and speed on the treadmill, and I watched my heart rate climb on the screen in front of me. I ran in Zone Two for a few minutes before Tyrone again increased the incline and speed. My legs started to burn and I was well and truly into Zone Three, where Tyrone left me to suffer for a while.

Obviously, Tyrone had a bad night's sleep or something because before I could complain, he increased the incline and speed again. If Tyrone was not such a nice person and if I had any spare energy left at all, I would have seriously considered hitting him over the head at this point. I was well over my anaerobic threshold and was now sulking because Tyrone only originally said we would be working out in Zone Three.

After what felt like forever, but was only really two or three minutes, Tyrone slowed down the treadmill and reduced the incline, and my heart rate dropped again to a more bearable Zone Two reading. My legs were on autopilot and although I was still jogging it was definitely not as bad difficult as before.

Then, we started again, the speed and incline went up, and my returning happy, friendly feelings toward Tyrone went right back out the window. We repeated this up and down process, up and down, another time and I surprisingly I made it through all 30 minutes of it.

Dripping with sweat and bright red in the face, I had never felt so disgusting yet, so happy with myself. We finished the final session with some serious stretching.

I learned a lot about cardio training in the final session. My previous cardio work involved me running really fast for as long as I could, usually only 5 minutes, before I collapsed and went home to watch the television.

So I was feeling particularly proud of myself, so proud, in fact, that I went through drive-

through on the way home to pick up a Big Mac—a girl's gotta eat, right?

Final verdict:

Tyrone was great. He knew when he could push me harder, when he could trick me into doing more and when he needed to cut me some slack. I now feel a lot more comfortable with going to the gym and knowing that I am doing the right things to achieve my goals. I would also consider buying more sessions in the future to get some more feedback and to continue to evolve my program as I improve.

I know I would not have pushed myself as hard as I did if Tyrone had not been there, especially during the cardio workouts. Also, I might have been more inclined to skip a day or two—or three—had I not had an appointment.

Although the initial payment of \$150 for one assessment session and three training sessions is a bit steep for a student, it is much cheaper than other personal trainers at other gyms in the area.

Despite the initial cost, however, I have developed more of an understanding of my own body and training needs and this knowledge will last a lot longer than the three sessions, so \$150 in the long term is quite reasonable.



Photos by Nicole Ocran

Staying fit is not as easy as it looks.