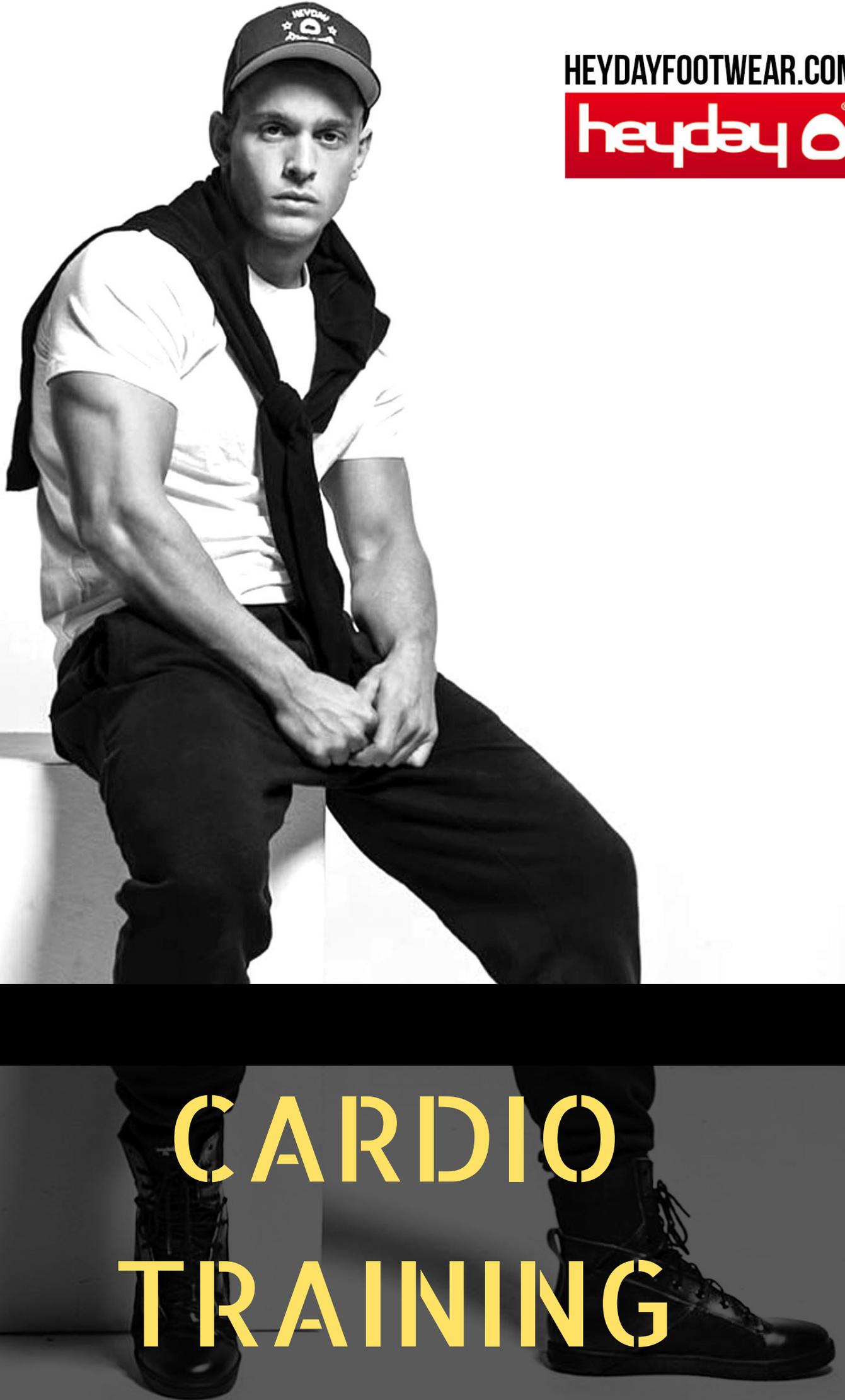


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CARDIO TRAINING

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Top 5 Mistakes when Performing Cardio

Cardiovascular training is an extremely important facet of the fitness and bodybuilding lifestyle. Not only is it good to help minimize the gain of unwanted fat stores, it is also just really healthy overall for you to do. With so many benefits associated with cardio training, it's hard to believe that it is neglected by so many. Even those who don't neglect it, may not do it properly so that they can benefit as much as possible from all that comes with raising one's heart rate through aerobic exercise. If you are wondering if what you are doing is taking full advantage of all the great effects that cardiovascular training has to offer, then read on to see what the top 5 mistakes are when it comes to performing cardio and then compare your approach.

Mistake #1: No Intensity

You can put in all of the time you want on any piece of cardio equipment, but if you aren't pushing yourself by raising the intensity within your approach, you are probably wasting your time. To really benefit from cardio training, you have to elevate your heart rate. The amount of effort you have to put into the exercise to increase your heart rate will differ from person to person. If you are already fit, then you're really going to have to push yourself. If you're just starting out, a little intensity will go a long way. Generally speaking, if you have a difficult time maintaining a conversation through what's commonly known as the talk test, then you are working hard enough.

Mistake #2: Timing

This mistake is likely the most commonly performed mistake of them all. The time at which you perform your cardio is crucial to your gains.

Many times you will see people in the gym perform their cardio first and then follow it up with their weight training. This is a huge mistake! You only want to perform your cardio when you are in a depleted state and you never want to perform your weight training when you are in a depleted state. So by doing cardio first and then hitting the weights, all you are doing is setting yourself up for failure. Instead, if you have to do both cardio and weight training in the same session, do the weights first and then the cardio. Otherwise, split it up and do your cardio first thing in the morning on an empty stomach and then workout with weights later on in the day after you've consumed a few meals.

Mistake #3: Excluding Weight Bearing Exercises

Variety in your choices of cardio exercises is a great thing. It keeps things fresh, keeps you motivated and it allows you to experiment so that you can find what works best for you and your body type. Often times, people will get stuck using the same piece of equipment over and over again and many of those times it is on an "easier" piece of equipment. If you find yourself always switching back and forth between all of the different types of exercise bikes that you have at your disposal, you may want to start incorporating some weight bearing exercises in your routines. Look at using the treadmill, stepmill, elliptical trainer or the stairmaster. These weight bearing exercises will increase your heart rate at a much faster rate due to the fact that you have to move your entire body versus just sitting there pedalling with your legs.

Mistake #4: Duration

Here's a little secret I'll let you in on about cardio; you don't have to spend your whole entire day performing it to see results. Far too often, people waste their time performing endless hours of cardio only to leave them wondering why they're not seeing any gains or loss in body fat. The reason for this is simple; quantity does not equal quality with respect to the amount of time you spend on your cardio. If you fail to adhere to what was mentioned in mistake #1 of this article, then no amount of time that you can put in will ever elicit the response you are looking for.

Mistake #5: Improper Footwear

Since cardiovascular training should be looked at as a daily venture, you're going to want to invest in a great pair of shoes to compliment your efforts. You're going to want something extremely comfortable, durable, supportive and functional so that no matter what type of cardio you choose to do, you can do so with maximal effort without the worry of blowing a tire. My #1 pick for this is [The Super Freak](#) by Heyday footwear. These shoes are designed to improve performance whilst providing the person wearing them unwavering comfort all day long.

Even though you may have just found out that you have been doing some things wrong when it comes to performing cardio, it's never too late to change your approach. In the grand scheme of things, at least you were performing cardio which in itself will go a long way.

4 Ways to Keep Your Cardio Fresh

Cardiovascular training is an extremely important aspect of any great fitness plan. The act of elevating your heart rate, spiking your heart rate and recovering from said states is essential for overall health. Not only that, but you'll be able to carry out regular physical tasks much more efficiently and perhaps most importantly, you'll be able to go even harder in the gym without being winded.

When most people in the gym world think about cardio they see themselves on the treadmill, the stepmill or a spin bike. Instead, what they should be seeing is a plethora of options available for cardio work that doesn't always necessarily have to take place in the gym.

If you feel like you're cardio efforts could use some freshening up, give these 4 options a try.

Stairs

All you have to do is look around your city or town and chances are you'll find a flight of stairs somewhere that are just waiting for you to run up and down on. Or maybe you know of a building or work in a building that has lots of stairs that hardly ever get used because of the elevator right next to them and you could hit those after work or during your lunch break. Regardless of where you perform stair work, one thing is for certain; it's a great way to spice up your cardio, increase heart rate levels and also get a ton of quad, ham and glute work in at the same time.

Hills

One of the reasons running hills is so good for cardio work is because of the fight against momentum that occurs on the downhill. Running up the hill would be considered the concentric phase of the exercise and going downhill would be considered the eccentric, however that eccentric phase must be carefully handled so that you don't get going too fast and lose your footing. That requires a tremendous amount of contractile strength in your lower body. So just when you think you can let gravity and momentum provide a bit of a rest phase for you, think again or else you'll be flat out and rolling down the hill.

Play Sports

Many of us who train, lift weights and perform cardio daily started to do so to improve in our respective sports. Those sports eventually ended for whatever reason and our focus was then just hitting the gym. When it comes to cardio, you'll hear lots of people complain about how boring and mundane it is. If that's the case, why not go back to playing sports instead of staring at the wall on a treadmill? You'll be having fun, you'll get your competitive fire burning again and you'll also get in a great cardiovascular workout before you even know it. I'd much rather spend an hour skating around a rink firing pucks at a goalie versus spending it on an elliptical watching an overhead television screen that's set to a channel I can't change.

Resistance Running

The last option I think you should try out is resistance running that you can do on a track or field. My three favorite options for this would be sled training, where you either push or pull a plate loaded sled, resistance band running, where you loop a couple of resistance bands around your waist and have a partner behind you that's holding onto them and pulling back on your while you run and finally parachute training, where you attach a running chute to

your back and run against the resistance provided by the wind the parachute catches. For all of these options you can incorporate sprinting exercises as well as any type of long distance training you'd like to do too.

The most important thing to remember when it comes to your cardiovascular training is that you do it. Far too often people fail to work on it and it ends up becoming a thing of the past. So throw on a pair of your **Super Freak Cardio Training Sneakers**, decide upon which new cardio option you'll try out first and then get to work. Keep things fresh in your training and fresh on your feet and you'll never miss a cardio session ever again.

How to Effectively Employ the Timing of your Cardio to Build Muscle

There has been much debate about when cardiovascular exercise should be performed when muscular gain is at the heart of the effort. The last thing any bodybuilder wants to do is have their cardio work interfere with the process of hypertrophy. In many instances, this fear of muscle wasting creates a mindset that cardio will cause harm when in fact, performing it at the right times will improve your performance with the weights, elevate your abilities to train harder and keep you hard and lean all throughout the year. If you are struggling with where to insert your cardio training, consider trying any or all of the following strategies so that you can keep building muscle and benefit from all that comes from cardiovascular conditioning.

Keep it Separate

In many instances, weight training and cardiovascular conditioning follow one another in the same session. The thought process behind this does make sense; weight train first using up all of your calories from food and then burn fat on the stepmill once the weight training session has been completed. Unfortunately though, if gaining and subsequently maintaining muscle mass is a difficult process for you, I highly suggest you stop doing cardio after the weights and instead go home, eat and perform the cardio at another time in the day.

Fasted State

My favorite time of the day to perform cardio is on an empty stomach (relatively speaking) first thing in the morning. I say relatively speaking because even though this session will be performed before I've had any food to eat, I'll sip on some amino acids so that my body doesn't look for energy

from the muscle tissue. Instead, stored energy in the form of fat will provide the energy needed to perform the cardio session and the aminos will support the maintenance of the muscle tissue I'm currently holding. By doing this, you'll be shredding fat with no worries about losing muscle and having atrophy set in.

Late Night

Another favorite time for many bodybuilders to complete a session of cardio is late night and right before their last meal of the day. Many times people will make the mistake of performing cardio after they've had their last meal of the day but that's a recipe for disaster if building and maintaining muscle is a priority. What you want to do instead is do your cardio and have it finished about an hour before you go to bed. Within that hour you can get cleaned up, have some time to unwind and then have your final meal of the day which should only be comprised of protein or a protein and a healthy fat source. This final cardio session will burn up any unused calories from the day so that they don't end up getting stored as fat and the final meal will go towards supporting hypertrophy from the weight training you performed earlier on.

Those who choose to compete and display their hard earned physiques on stage will know this scenario all too well; going to the gym three times a day. Yes that's right, many people adhere to all three strategies which will see them spending countless hours in the gym getting contest ready. If this is your life then you should try to ease the stress of it all at least a little bit by investing in footwear that will keep your feet healthy and feeling great while performing all of that cardio. Heyday Footwear's line of [Super Freak Hightop Cardio Sneakers](#) are second to none for performance and comfort and when worn, will significantly contribute to your cardiovascular training efforts.

Building muscle and cardio conditioning can go hand in hand; you just have to when to utilize both so that they work harmoniously together for the greater cause. Keep the sessions separate, find additional time in your day to fit in another workout(s) and always remember; it's not hype, it's Heyday!

Footwork Frenzy: How to Improve your Speed, Agility and Quickness

Regardless of the type of athlete you are, footwork is going to be one of the main determinants of whether or not you are able to out maneuver your opponent on the field, ice or court. The importance and stress put upon of this aspect of training can be seen with the prominence of agility stations that seem to be popping up at just about every gym chain you go to. Even though many of you out there are hardcore bodybuilders, weight lifters and cardio enthusiasts, we are all still athletes and many of us found our way into the gym via seeing the necessity for getting bigger, stronger and faster in our respective sports. So even though your focus now may be on muscle and strength, why not veer from your norm, try some new exercise drills and make your body better as a whole and not so one-dimensional. The following training drills are fun, challenging and will most definitely improve your speed, agility and quickness, which in my mind will only translate into better training for you.

Ladder Drills

The agility ladder is a favorite amongst athletes who depend upon their ability to shift, change directions and speed past defenders. The plethora of combinations that can be performed using the ladder is a tremendous caveat for re-creating or mocking the types of footwork that would be commonly used in game play. For this reason, hours a day can be spent perfecting certain footwork combinations, improving upon the time to complete the steps and to improve upon balance and overall strength of agility.

Dot Drill

The dot drill is an oldie but a goodie in the sense that footwork combinations that may occur in multiple directions become the reasoning behind this drill's

effectiveness. Having to move laterally, diagonally, forwards and backwards as fast as you can is extremely challenging to say the least. To really get the most out of this drill, I like to have competitions between trainees where each sets up different combinations for the other to do within a certain time frame. This way the competitive edge from each person takes over and unbelievable movements and footwork end up occurring. Another benefit to this drill is the amount of work your core will receive by virtue of the quick changes in direction you take your body through and the overall stability that these actions require.

Tire Drills

If you've ever played football at any level then chances are you spent a significant amount of time trying to get through a set of tires that were lined up and seemed to be set up so that falling down was imminent. With very little room to actually place feet down and in the tire (think about how it was for those with big feet), the tire drill requires a lot of precision footwork and exact foot placement at high speeds for anyone trying this to be successful in this drill. Add in the whole "high knees" thing and the tire drill becomes one hell of an exercise for speed, quickness and agility.

So here's the thing; you may be reading this wondering what has any of this got to do with the type of training I like performing? Specifically speaking, probably nothing but aren't these drills a great addition to what's probably a boring and stagnant cardio routine that you perform on the daily? I'm not saying you should skip the stepmill and start focusing on drills such as these, I'm saying since you've already got your [Super Freaks](#) on you may as well spice things up, get back to your athletic roots, relive your Heyday, have some fun and allow for speed, agility and quickness drills to compliment your current routine.

3 Types of Stretching Techniques that will Improve Overall Flexibility

One of the most often overlooked aspects of training is flexibility. Unfortunately, for those who do skip this facet of overall physique health, their abilities to fully move through an entire range of motion becomes severely limited. For those who do pay attention to this component and work hard at maintaining or improving upon a certain degree of flexibility, their efforts will significantly eclipse those still struggling to touch the toes of their **Max Hightop Bodybuilding Sneaker**. Not every physique is the same and our capabilities differ from structure to structure. So with that in mind, here are three different stretching techniques for you to try so that you can find the method that works best for you.

Static

The static stretch is probably the most commonly performed stretch out of the three types I'll be discussing today. All it requires is for you to fully extend a joint and then completely lengthen the muscle to the point at which the feeling in that muscle becomes uncomfortable. Then, once in that position, you maintain that exact posture for a predetermined amount of time and then release and relax. The goal with the static stretch is to be able to lengthen the muscle being stretched further and further with each successive set of stretching you perform.

Ballistic

Of the three, this one in my opinion is possibly the most effective but most dangerous to use in the long term for improving upon flexibility. Reason being, the immediate muscular response to the stretching is quite substantial in that it significantly improves flexibility in a very short time but at a greater risk for

causing trauma to the muscle. To perform ballistic type stretching, you follow the exact same method as described above in the static stretching except for the fact that instead of holding the muscle in that uncomfortable stretched position, you actually force the muscle to lengthen with aggressive type movements such as bouncing. Each time you bounce the muscle in its stretched position, you do in fact lengthen it but that ballistic type movement could also be too much and a tear could occur. Therefore, you have to be extremely conscious of what you're feeling when using this method.

Proprioceptive Neuromuscular Facilitation (PNF)

PNF stretching is a highly sophisticated form of stretching that involves both the extension of a muscle coupled with the contraction of said muscle group all at the same time. What you would do here in the initial stages of this stretch is the same as for the static stretch. Once you are in that lengthened position, rather than waiting out the stretch or forcing the muscle to stretch further, you add resistance to the muscle while in its fully lengthened position. That resistance comes in the form of an isometric contraction. So while the muscle is being stretched, you initiate the isometric phase and then maintain the phase for a predetermined amount of time. The benefits of this type of stretch are seen immediately and amazingly so, you can see incredible and measurable differences in flexibility after only performing one set of PNF stretching.

Even though stretching and the importance of working on flexibility has been lost on many, don't let it happen to you. The benefits are just too plentiful to ignore and if I were you, I'd use it as just one more opportunity to take a closer look at your Heydays when you're stretching out those tight hammies!

Top 2 Reasons to use HIIT for Cranking out your Cardio

Cardiovascular training is a necessary component of any sound physical fitness program. Whether you are a bodybuilder, a power lifter, an Olympic weight lifter or your average everyday gym rat, including cardiovascular work as a part of your daily routine will prove to be invaluable for you and your goals. Often times the thought of having to perform cardio sessions leads people to feeling less than excited to do so and it quickly falls into the category of being labeled as a necessary evil due to the nature of the act itself. The fact of the matter is though, that cardio does not have to be lengthy and mundane. It can be a relatively quick endeavor and an incredibly significant component of your overall efforts to improve which is why I highly recommend incorporating HIIT (high intensity interval training) into your training program. Here's why!

Time Saver

With busy schedules and the act of trying to balance work and life, we only have so many minutes in our day to devote to our fitness. Knowing that proper nutrition, weight training and cardio all go hand in hand and knowing that there will be some days when because of time restraints, you're going to have to choose to do only two of the three, most times it's the cardio that goes by the wayside. Well I'm here to tell you that by using HIIT you won't have to make that decision and all three can easily be attained. The main principle of which this type of workout is based upon involves short bursts of high intensity based cardiovascular work that only has to be maintained for a short duration of time. So with that in mind, you can stop looking at your cardio sessions as marathons and instead look at them as a very fast and efficient way to get done what needs to get done.

Afterburn

Probably the best reason to incorporate this style of cardio into your life would be for the “afterburn” effects it has on our body post workout. The afterburn is what’s known as EPOC (excess post-exercise oxygen consumption). Due to the nature of HIIT, it creates an internal environment in which our body is still working in overdrive hours after the cardio session itself has been completed. Because of this heightened internal activity, our metabolism is significantly increased and our ability to burn unwanted fat substantially improves. This process can last for up to 48 hours post workout even if you decide to do nothing else physically in that time.

At the very least, you must look at your cardio as a way to maintain overall health. If performance and body image don’t matter to you then it’s still necessary for optimizing your abilities to carry out other functions in your life. Using HIIT for cardio just makes it easier for you to fit in amongst all of the other responsibilities you have to take care of daily. So when you can find time, and you’ll be able to now, throw on your new [Super Freak Premium Red Hightop Cardio Sneakers](#), hop up on that stepmill and crank out some cardio like you’ve never done before!

How to Stage your Cardio Training

Cardiovascular work is a necessary component of any great training program. Not only is it beneficial for fat loss, improved aerobic capacity and overall general health, it can also be a significant catalyst for improving your weight training sessions. You can't push as hard as you possibly can when you're constantly getting winded, therefore the necessity for cardio should find its way into anyone's program regardless of the goal. To further this, everyone does in fact have a different set of goals they would like to achieve and to ensure these goals are met, certain stages of cardio should be introduced. The following approaches to cardiovascular training revolve around heart rates and the number of beats per minute displayed at each stage. Keep in mind, your max heart rate must always be at the back of your mind, which is a simple calculation of 220 minus your age. Once you know this, you can work your way through each stage of cardio conditioning much more effectively. Here then are the 3 stages of cardiovascular training.

Optimal Health

Regardless of what you're trying to achieve, optimal health should always be at the forefront of your thinking. Heart health, in particular, becomes a concern as more and more muscle is added requiring the heart to work even more so to accommodate it. For this reason, regardless of the season you are in, you should always be performing cardiovascular work in what is considered the general health stage. During this stage, your aim is to achieve a heart rate of somewhere between 100 bpm and 120 bpm and sustain that for a minimum of twenty to thirty minutes per day. At this level, it's just enough to break a bit of a sweat but not so arduous that it requires a ton of intensity to complete.

Fat Loss

Most people I know who perform cardio see it as a necessary evil and only do it as a means to a leaner physique. Cardio training for fat loss finds itself in a very specific stage that includes heart rates that must exceed 120 bpm but stay around or just below 140 bpm. At this level, you are working hard enough to break a substantial sweat, your intensity levels have become elevated and if you perform the talk test, you should have difficulty maintaining any type of conversation. Once in this range, you should aim to stay there for no less than twenty minutes and every minute past that will be dipping into your fat stores to maximize your efforts.

Endurance

If you are a high performance athlete that depends upon an incredible amount of endurance to be competitive in your sport, than you have undoubtedly spent a considerable amount of time in this stage. Endurance cardio training is the toughest of the three but perhaps the most effective for overall physical athleticism and performance. The heart rate zone that you have to get yourself to here is between 160-180 bpm. To achieve this requires a tremendous amount of intensity and focus and to sustain this for any length of time requires a ton of determination. If you can maintain heart rate levels in this zone for any significant period of time then consider yourself awesome. If you can do so only when you perform HIIT cardio, then that works too. Either way, the ability to raise heart rate levels to these numbers is impressive to say the least, especially if you are already in great shape!

However you go about staging the cardio that is best fit for you, the most important thing to remember is that you are doing it. If it is a part of your regular daily routine, then you already understand the importance of it and already know how important it is to have a great pair of shoes on your feet so that you can keep up with the pace you have set for yourself. Heyday Footwear's [Super Freak Cardio Sneaker](#) is second to none for any type of

cardio training you perform and you would be remiss if you didn't have a pair of these in your gym bag. They offer tremendous support, are flexible enough to accommodate any type movement or gait and just plain look cool. Get yours now and start creating some hype for you and your cardio sessions.