

# fitness

More Flavor, Less Fat

7 EASY, SATISFYING DINNERS



ARMS + ABS + LEGS

Mind, Body + Spirit

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getfit

## Consider Yourself a Newbie Racer?

If you currently run fewer than 15 miles per week (or not at all), **START HERE.**

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
★ WEEK 1 ★						
Rest	Walk/run 2 miles	X-train <sup>1</sup>	Walk/run 2 miles	X-train	Walk/run 2 miles	Walk/run 2 miles
★ WEEK 2 ★						
Rest					Run 3 miles	Run 3 miles
Rest					Run 4 miles	Run 4 miles
★ WEEK 4 ★						
Rest	Run 3 miles	X-train	Walk/run 3 miles	X-train	Run 2.5 miles	Run 5 miles
Rest	Run 4 miles		Run 4 miles			Run 6.5 miles
Rest	Run 4 miles		Run 4 miles			Run 8 miles
Rest	Run 5 miles		Run 5 miles			Run 10 miles
★ WEEK 8 ★						
Rest			Run	X-train or run 3 miles	Rest	Half-marathon!

## Consider Yourself a Newbie Racer?

**CRUISE CONTROL**  
Train with a do-it-all heart-rate monitor. The Timex Ironman Road Trainer also lists calories burned (\$100, timex.com).

1. Optimal for cardio training, for swimming or using the elliptical) at moderate intensity, or strength-training. For more ideas at fitnessmagazine.com.

### Get in Gear

These must-haves will make you smile through the miles.



◀ **CRUISE CONTROL**  
Train with a do-it-all heart-rate monitor. The Timex Ironman Road Trainer also lists calories burned (\$100, timex.com).



◀ **SMARTY PANTS**  
The Women's PR Shorts feature clever side pockets and a comfy liner (\$45, the northface.com).



▶ **HAPPY FEET**  
The lightweight Brooks Ghost provides extra cushioning and shock absorption (\$100, brooksrunning.com).



▶ **TOP GUNS**  
Run cool in the sweat-wicking Sphere Sleeveless Half-Zip. Its flat seams reduce chafing (\$40, nike.com).