

CARDIO

BULLETIN®

Edited by Laura Roberson



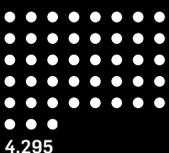
POWER HOUR

Save your interval training for after work. **Evening may be the ideal time for a short, intense workout**, a new study in the *International Journal of Sports Medicine* found. When men ran sprints at 6 p.m., their peak power was significantly higher than when they trained at 6 a.m. Why? Your body temperature naturally spikes later in the day, warming your muscles so they can contract more efficiently, according to study author Nidhal Zarrouk, Ph.D. A caveat: If you typically compete in the a.m., you should train in the morning too.

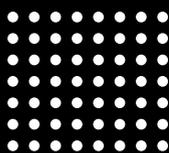
NUMBER OF MINUTES IT TAKES FOR BRANCHED-CHAIN AMINO ACIDS TO REACH PEAK LEVELS IN THE BODY

46 | 110 | 94 | 56 | 49

PEAK AMOUNT OF BRANCHED-CHAIN AMINO ACIDS PER 20 GRAMS OF PROTEIN (● = 100)



SKIM MILK



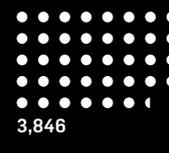
EGGS



STEAK



SOY MILK



PROTEIN SHAKE

TREAD CAUTIOUSLY

Is your treadmill tricking you? Research from Singapore suggests that **you may unknowingly run slower on a treadmill than you would outside**. When people were asked to pick a treadmill speed equivalent to their typical outdoor pace, they selected a speed that was 27 percent slower than their actual outdoor rate. Treadmill running lacks "backward optic flow"—that is, the perception of movement as you pass objects or people—to help you gauge speed, says study author Veni Kong, Ph.D. Instead of judging effort by perceived speed, base it on a more reliable gauge, such as your heart rate.

173

PEAK HEART RATE, IN BEATS PER MINUTE, OF MEN WHO DID INTERVAL TRAINING FOR JUST 2 MINUTES, VERSUS 166 BPM FOR MEN WHO RAN CONTINUOUSLY FOR 30 MINUTES

Source: *International Journal of Sport Nutrition and Exercise Metabolism*

For up-to-the-minute cardio tips, go to news.MensHealth.com.

MEALS FOR WHEELS

Protein isn't just for weightlifters. "Although endurance training isn't about building bulk, it still creates a tremendous need to restore, renew, and rebuild muscle afterward," says David Cameron-Smith, Ph.D., the author of a new study on protein and cardio exercise. "Endurance athletes often focus on hydration and carbs, but consuming a high-quality protein that's rich in branched-chain amino acids is essential to the repair process." Immediately after your workout—when a quick shot of protein is critical for muscle repair—consume easily digestible sources of protein, such as milk or a protein shake. Then a few hours later, eat a meal that's rich in branched-chain amino acids, like steak and eggs, to further bolster your body, he says.

ON OUR RADAR

Echinacea: Super Herb?

A supplement touted for fighting colds may also be the fix for poor endurance. In a study in the *Journal of Strength and Conditioning Research*, men who popped 8,000 milligrams of echinacea daily for a month showed improvements in running economy. What that means: They used less oxygen during exercise and felt less fatigued as a result, says study author Malcolm Whitehead, Ph.D. The herb is no substitute for training, but it could help you run longer before feeling sapped.

Photographs by TRAVIS RATHBONE, prop styling: Angela Campos/Stockland Market