

Slurp your way to the top.



## Soup Up Your Engine

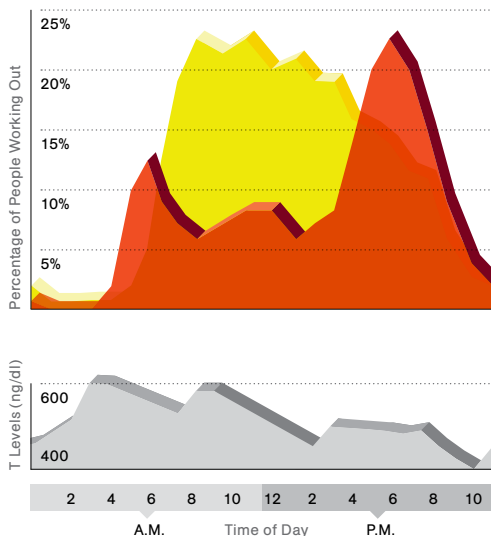
Is chicken noodle soup the food of champions? **Eating a salty snack before your cardio workout may help prevent dehydration**, an Iowa State University study reports. Men who ate chicken noodle soup containing 1,362 milligrams of sodium before cycling in the heat drank and retained more water during the ride than those who just downed H<sub>2</sub>O beforehand. "They lost less water through urine, even though they drank more," says study author Neil Johannsen, Ph.D. This suggests a hydration-promoting change in kidney function. Hate the idea of soup in the summer? Sip on tomato juice.

## Top Time to Train

Two clock-related factors can sabotage your workout: a packed gym and low T. "Testosterone, which varies throughout the day, helps prevent muscle breakdown in endurance athletes," says Philip Vardiman, Ph.D., a University of Kansas exercise scientist. Schedule your workouts when crowds are thin and your T is high.

■ Workdays  
■ Weekends

Source: American Time Use Survey, *Journal of Clinical Pharmacology*



ON OUR RADAR

## Skip the Two-Step

Conquer your StairMaster workout one step at a time. Taking single steps may be a better workout than two-step climbing, new British research suggests. Why? Taking one step at a time means you log more steps per minute, resulting in a higher rate of muscle contraction. This recruits fast-twitch muscle fibers, which are less energy efficient than slow-twitch ones, leading to a greater metabolic burn, says study author Lewis Halsey, Ph.D.

# 2.8

Number of years longer Olympic medalists live, compared with the general population

Source: *British Medical Journal*

TRAVIS RATHBONE (photograph), food styling: Matt Vohr/Halley Resources, prop styling: Angela Campos/Stockland Martelli; JUSTIN LONG (swimmer)

## POWDER TO THE PEDALERS

Creatine is more than just a biceps builder. According to new Texas A&M research, **taking creatine can help you ride harder, longer**. In the study, men who downed 20 grams of creatine monohydrate a day for 6 days were able to pedal with more power and stave off fatigue. Creatine may reduce your levels of lactate while also boosting your body's ability to process it, so you can perform at a higher level, says study author Jonathan Oliver, Ph.D., C.S.C.S. So rev up your ride: For 5 days, load up on 5 grams of creatine monohydrate four times a day, and then reduce your daily dose to 2 to 5 grams, suggests Oliver.



## SMOOTHER OPERATORS

Trimming time from your laps may be as easy as switching to a different swim cap. A new study in the *Journal of Strength and Conditioning Research* reports that **seamless silicone swim caps reduce drag more effectively than Lycra caps with seams do**. The smooth silicone caps are rigid and cling tightly, reducing resistance as your head cuts through the water, says scientist Giorgio Gatta, Ph.D. Try the Arena 3D Ultra Swim Cap (\$20, [swimoutlet.com](http://swimoutlet.com)).



For up-to-the-second cardio news and tips, go to [news.MensHealth.com](http://news.MensHealth.com).