

A very common question clients ask is whether they should lift or run first. The answer to that is a simple one: It all depends on what you are trying to achieve aesthetically.

Backing up a step, after a cardio session, you may sometimes feel a bit drained during the weight lifting component of your workout. The reason this happens is that your body dips into both lipids (fat) and carbohydrates during cardio to sustain the long run. Your body has a variety of energy systems that are dependent on the muscle fiber types (fast twitch, slow twitch, and hybrid fibers) and substrates (lipids, carbs, and phosphagens) that your body utilizes. This makes a difference in your training order because we need to gauge how much stress we can put on your body, while determining how efficient your fuel system is.



If you do regular cardio (such as a low-intensity jog/run, walk, jumping rope), you should lift first, after a light warm up. This combination of training will yield muscle tone, weight loss, and increased aerobic endurance, with a slight boost of metabolism.

The second style of training involves doing high-intensity cardio, such as sprinting, uphill running, spinning, and speed rowing, before lifting. The goal is to burn glycogen and your phosphagens to increase your testosterone, which causes your body to burn fat for you all day long. This style of training yields increased muscle mass, muscle density, increased anaerobic capacity, and a bigger boost in metabolism than running.

There is a plethora of variables that we also need to consider, which we can manipulate to yield better results. For more info, please contact me.