

GOT A ?  
**ASK  
 SGT  
 KEN™**



Dear SGT Ken™,

I was wondering if you could tell me how to knock 40 seconds off my run time?

Thanks,  
 SPC Ryan McGuire

Dear SPC McGuire,

**THEORY:** Use interval training to improve your run time. In fact, I have been able to carve nearly two minutes off of my two-mile run time as part of the APFT with interval training. I pick a running track and I sprint the straight and jog the curved sections of the track. This can also be performed on a street course: Sprint the long sections of each block and jog the short sections. This form of interval training allows you the opportunity to gradually boost your overall running speeds. Through consistent interval training and proper recovery periods in your schedule, your body will be able to manage longer sprint and shorter jog periods.

**WARNING STATEMENT:** Be certain to perform an adequate warm-up (Maybe 20-30 minutes) prior to doing this style of intense physical fitness activity.

**SUGGESTION:** Take two days of the week to first warm up twenty to thirty minutes and then perform interval training as previously suggested. Then take two days per week to simply jog three miles or more to condition your body for a longer course so that when performing the APFT, the two-mile run will appear to be short and easy.

Consult your physician before beginning this or any new diet or exercise program. START Fitness™ is not associated with the Army National Guard.

Got a fitness question? Email SGT Ken™:

✉ [askthetrainer@startfitness.com](mailto:askthetrainer@startfitness.com)

# SKIPPING BREAKFAST?

Breakfast can set the tone for the rest of the day. It is the key to “breaking the fast,” the fast of an eight-hour slumber.

## TOO BUSY?

Try boiling enough eggs for two to three days. Take one portion with you daily in a small unbreakable container like Tupperware®. Tip: For flavor, try adding pepper instead of toppings that are loaded with fat such as butter and mayo.

## NEED OPTIONS?

Heart healthy, Quaker Oats™ has recently launched a brand of instant oatmeal that contains half the sugar of the original recipe. Keep a non-plastic, microwave-safe dish nearby. Simply take out one packet a day and heat it up in the microwave!

## STILL NOT CONVINCED?

Try cereal. When choosing a cereal, try and keep sugar out of the first two to three ingredients. For the organic food shoppers, try Kashi Go Lean Crunch™! For everyone else, we suggest plain old Cheerios™.



The START (Strategic Army Training) Fitness™ program incorporates the same exercises that are used annually to test the strength and endurance of the National Guard. START Fitness is a program created for Soldiers by Soldiers.

SGT Ken Weichert, six-time Soldier of the Year and veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, Strategic Director of START Fitness and a certified personal trainer, the Weicherts are conquering the fitness industry. START Fitness™ has been profiled on *Backpacker Magazine*, the *San Francisco Chronicle*, *The Washington Post*, and now you can expect it in the pages of *GX*.

For more information, visit:

✉ [startfitness.com](http://startfitness.com)

You can work out with SGT Ken™! Purchase all three of their workout videos (VHS & DVD) on their website.



ABOVE: (l-r) Stephanie and SGT Ken Weichert

