



What type of exerciser are
you?

Personal Training Information

Whether you are a runner, a walker, a biker, or a weight lifter, we have something to offer you. On our Personal Training page, we not only have information about these different activities, we give you workouts to follow.

■ Here is what you can find in the following sections:

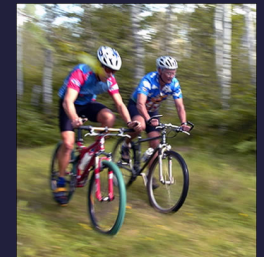
■ Walking

How often should I walk?
How far/long should I walk?
How fast/hard should I walk?
When and how should I add time to walk?
When do I add another day?
How much is enough?



■ Running

How fast should I be running?
How far should I be running?
What should I do during off season and pre season?
What should I do during season and post season?
What type of workouts should I do?



■ Biking

How fast should I bike and for how long?
What should I do during off season and pre season?
What should I do during season and post season?
What type of workouts should I do?

■ Weight lifting

What are the benefits of strength training?
What are the principles of strength training?
What type of equipment should I use?
What are the safety issues of the equipment?
Should I warm up before I lift?
What are some exercises I can perform on the different equipment to get a total body workout?

