

3 Things The Olympics Can Teach You About Fat Loss?

I love watching the Olympics. Witnessing athletes achieve their dreams after 4 years of grueling hard work truly inspires me. Maybe you can use them to inspire you to achieve your goals faster?

There are many lessons that can be learnt from watching these athletes compete. I'm not just talking about their attitude and mental strength but also their training and how you can model/copy them to reach your goals. Here are a few that will help in your quest to become a leaner, fitter and healthier you.

1. Determination

The most successful athletes do not believe in failure. They only believe in one outcome – winning! There was no way Michael Phelps was ever not going to achieve his record 8 gold medals. Ussain Bolt was always going to win the 100 meters. And I watched an interview of British cyclist Rebecca Romero where, after she had guaranteed herself a place in the final and at least a silver, said she was only focused on one thing – getting gold.

These athletes train for 4 years for leading up to the games. They push their bodies through extreme pain and they sacrifice everything. I've heard athletes say they've barely seen their spouses/children in over a year. And I've heard some talk about almost not getting to the Olympics because of injury. They make these sacrifices because it's their dream, their ultimate goal and they refuse to let anything stop them from achieving Olympic success.

You have your own goals your own 'Olympic success' to aim for. Is it something that you will stop at nothing to achieve? Or is it just a dream that's never really going to happen? If it's the later, and you now know if it is, then you need to make it into something more. Turn it into a goal that inspires you to achieve it, make it something that you can become more and more determined to reach every waking minute of the day. Creating a powerful goal is a millions times more powerful than basic willpower imagine it being your greatest ever achievement and then set a plan to go out and get it.

2. Intensity

When I look at the athletes something jumps out at me straight away – the physiques. If you look for the leanest, healthiest looking athletes you can realise a few things about training that you may not have realised before.

The athletes who have the best physiques are the sprinters. Not just the 100-400m but also the jumpers such as the long jump, triple jump and pole vaulters.

These athletes do not run for 45mins on a treadmill or cross trainer! They train with intensity. They do multiple short bursts of speed followed by sufficient rest periods.

The 100m lasted 9.69secs these guys sprint for no longer than 20secs at a time when training yet they are super lean and big. The reason for this is because sprinting not only burns more fat than jogging but it also spares muscle tissue which allows these athletes to develop the big powerful muscles needed to run that fast.

If you take one look at the marathon runners you will see gaunt figures with very little muscle. The only reason they are skinny is because they do hours and hours of training week in week out. Paula Radcliffe developed a stress (over training) fracture in her leg prior to the games. Her body could not handle the hours of training required, very few can.

3. Abs

I was in awe at some of the mid sections on display. One that especially stood out was the women's pole vault champion and new world record holder, [Elena Isinbayeva](#). She has an amazing physique and rock solid abs. I can guarantee you she didn't get that mid section doing '15 minutes of crunches' at the end of her workout. In fact I'd be very surprised if her programme involved any conventional crunches at all. Why? Because they are a very ineffective exercise and can actually damage the spine.

The pole vault requires immense power and speed. This is developed by weight training and of course technique. I doubt you're going to become Ireland's pole vault entry for 2012 so let's forget technique and look at the type of weight training she does to create that physique.

Elena lifts heavy weights, none of this can of beans stuff. She uses weights and specific exercises that challenge her body to get stronger. This also helps her stay lean and develop strong abs. The abs are used in most free weight exercises, especially standing ones, and when you lift challenging weights you force the abs to 'switch on' to protect your spine. So if you want firm abs drop the crunches and start lifting heavy.

Olympic athletes are a rare breed. It takes immense sacrifice, discipline and talent just to get there, let alone win a medal. If you trained with a fraction of the intensity as they do you will speed up your results. If you apply the smallest bit of the determination they portray you will get better results. And when you start to train with the most up to date methods like they do you may just finally achieve the results you've always been dreaming of.

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