



The International Sports Professionals Association

ISPA NEWSWIRE

OFFICIAL ISPA ASSOCIATION NEWSLETTER

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Special Announcements

ISPA/NP2 Publishing is Now up and Running!

The International Sports Professionals Association in conjunction with Noggin Power 2 has launched ISPA/NP2 Publishing. Now members have a great outlet to get their works published. We are now actively seeking works to publish. Remember, ISPA members receive special priority. Please see Page 4 for more information.

Family Fit is now available

The first publication from ISPA/NP2 publications is now available. Please see Page 5 for more information.

Check out the ISPA Blog

Make sure you take a look at the [ISPA Blog](#). The Blog has both formal writing and off the cuff commentary by ISPA staff. It is updated several times a week so be sure to check often.

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Recovery Time

By Dr. John Mayer

Recovery time between intervals during workouts is often a neglected part of training. We would encourage you to pass this information along to the athletes and programs you are working with as professionals. Optimizing recovery time can enhance performance greatly.

High intensity performance/workout – long recovery

Workouts or performances that only last 20 to 30 seconds are typically at a person's maximum exertion. To get the most out of your performance, you have to be able to produce maximum power, which means the recovery period between efforts has to be long enough to allow your muscles to fully recharge. Such short and intense workouts call upon the body's ATP-CP system, its immediate energy system. In such high intensity exertion you burn through your available immediate energy supply within seconds. To recharge that energy source you need 5-8 minutes of recovery time. Encourage easy walking/jogging/ coasting on the bike, gently floating in the water, etc. to recover.

High intensity performance/workout – equal recovery

We're talking here about all-out workouts/performances that last longer than sprints, like speed work and VO max intervals. If this is a workout, the purpose is to adapt to repeated maximal efforts. For this training to be effective, you don't want to have complete recovery of the immediate energy system (see above) before the athlete performs/works out again. To do this keep the recovery times the same as the interval time. So, if we are talking about 30 seconds to 4-minute performance/workout interval add more intervals or an additional set rather than make each effort longer.

Longer workouts – shorter recovery

If your workouts are designed to improve your maximum sustainable pace then your intervals should be 10-30 minutes long, maybe longer. The intensity for these intervals should be near and a little below your lactate threshold (the maximum sustainable intensity you can hold over 8 or more minutes). The idea behind this type of work is to accumulate as much time possible at this workload to push your body to adapt. These workouts help to run a faster marathon or ride a faster century. Good recovery time between efforts – typically 50-75% of the duration of the work period (8-minute effort/6 minutes recovery, 12-minute effort/8 minutes recovery, 20-minute effort, 10 minutes recovery)- allows you to maintain the right intensity/pace in your second, third, and maybe even fourth interval. A common mistake we see is that athletes often shorten their recovery periods during these workouts because they feel rested well before the next interval is supposed to start. What results is that you will fatigue in the middle of your third or fourth interval and have to spend more time overall resting from the entire workout.

Max Workouts/performances – no recovery

Runs, rides, swim at a steady aerobic pace. These are very long—20 minutes on up to an hour or more. These efforts are sometimes split into two or even three intervals, you may stop or slow down during this extended effort, but a true recovery period is not necessary between those efforts. Your recovery period starts when you finish your workout or performance. These workouts build overall endurance.

We talked about this recovery in the context of running, biking, and swimming, but coaches, be mindful of these needs for team sports as well. Another common practice we see is coaches, especially at the younger levels not giving athletes time to recover during team practices, football summer drills, etc.

ISPA/NP2 PUBLISHING

The Following is an excerpt from Edgar Tham's *Scientifically Slim*:

Most people who go on a diet may sometimes find themselves gaining back their weight over the weekend! How is this so? Researchers at the Washington University School of Medicine conducted a study to determine how weekend behaviors affect the body weight of participants undergoing a weight loss intervention program. They studied the effects of two types of newly-adopted lifestyle patterns on 48 healthy adults aged 50 to 60 years. One group participated in a one-year dietary caloric restriction (CR) program, while the other participated in a one-year program of daily exercise. Daily weight changes were calculated for weekdays and weekends, while daily energy intake and physical activity levels were also recorded. Before the start of the study, both groups were found to consistently gain weight on weekend days but not on weekdays. The researchers found that participants were eating more on Saturdays and exercising less on Sundays—basically, the participants went back to their “old” ways! During the intervention period, both groups showed negative energy balance (i.e., output more than input/intake) on weekdays due to the new lifestyle change. This result was certainly expected. But on weekends,

- The CR group “stopped losing weight.”
- The Exercise group gained weight due to higher dietary intakes.

This enlightening study clearly demonstrates that when our weekend lifestyle behaviors *differ* from our weekday ones, we will either gain weight or slow down the weight loss process. In essence, the key to consistent weight loss is to maintain our new lifestyle behaviors once adopted, be it on weekdays or weekends.

Scientifically Slim is available through the ISPA website: [Scientifically Slim](#)

Instructions for Authors

You can send your complete finished work instead of the sample indicated below, but regardless of how much material you send we need the other sections of a complete proposal submitted. We accept electronic (preferred) and paper submissions.

Note: Submitting material to ISPA/NP2 PUBLISHING does not assume a relationship or obligation between ISPA/NP2 PUBLISHING and the author(s). ISPA/NP2 PUBLISHING assumes no obligation to review submitted work if said work does not fit the mission, the quality, the ethics, or the potential of products published by ISPA/NP2 PUBLISHING. Works in all forms will not be returned to the authors unless accompanied by a SASE!

Submission Format

Please include the following:

Introduction

Market for Product

What is the Primary Target Audience for the Book/Material?

Promotional Plan

What is the author's contribution and plan for promoting their work?

Outline of Project/Table of Contents

Book Statistics

Estimated page count, number of illustrations or Photographs, if any, estimated completion date, if not finished.

Competitive Title Information

A detailed analysis of what books on your proposed subject are already in bookstores, plus a 2-3-sentence description that differentiates your book from what has already been published.

About the Author(s)

Who are you and why will people read what you write? "What is your platform?"

Sample Chapter/Sample

You may submit the complete work.

You can submit your Material to Justin Mayer, Executive Director of ISPA, at Normandy1@aol.com. We look forward to reviewing your work!

Family Fit is Now Available!

Dr. John E. Mayer

The International Sports Professionals Association (ISPA) is proud to present its first publication. Dr. Mayer's (President of ISPA) new book is loaded with tips and resources to enjoy a balanced and healthy family life. Please visit www.thesportsprofessionals.com for information on how to purchase this fabulous book.

With Family Fit you will...

- Improve family togetherness
- Increase family bonding
- Physically and Mentally Healthier Family
- Better communication between Family Members
- More Family time together

- Works for any Family, from single mom's to blended families to multi-generational families
- Great, common sense diet plans/guides
- Great general health information
- Common sense methods to eat healthier
- You can eat at fast-food restaurants and be healthy
- You do not have to deny yourself to eat right and be healthy
- Stop the revolving door eating patterns of generations past
- This is the pathway to the modern family lifestyle
- The best way to do all this for your family is through fitness/activity/nutrition
- Eliminate these words from your vocabulary: "Workout" "Sacrifice" "Deny" "Restrict" "No Family time" "No time for exercise"

What readers around the country are saying about *Family Fit*...

"We felt we lost our teenager to peers and video games. We consulted with Dr. Mayer and he showed us how we could be a together family again through exercise and nutrition."

—**Bob and Kathy, Illinois**

"This is what diet programs and fitness plans have been missing. You take a pill and say, 'I'll eat whatever I want, and my doctor says my cholesterol is fine.' Your pill may be lowering your cholesterol, but it's not doing the other 100 things that proper eating and exercise do for you."

—**Dr. Dana E. King, Professor of family medicine at the Medical University of South Carolina in Charleston, quoted in the *New York Times* 7-9-2009**

Please see the next Page to view the back cover of *Family Fit*.

“I have used fitness and nutrition as a togetherness tool for families for over 25 years and nothing is as effective.”

—DR. JOHN E. MAYER

If you are like millions of others, you might be surprised to learn that fitness, physical activity, good nutrition and having *fun* eating great tasting foods can be the best tool for building family unity.

Family Fit: Find Your Balance introduces a revolutionary new weight loss program using fundamental principles and science to help you evolve into a healthier lifestyle for your whole family, creating a fun, interactive experience that brings family members of all ages together for specific activities—even your teenager!

Are you tired of cooking healthy meals from weight-loss cookbooks only to find that your family rarely eats them? Do you find yourself struggling to integrate fitness and a healthier lifestyle into your busy, modern family schedule—only to meet resistance?

Family Fit shows you how to eat in the real world.

Family Fit shows you how to exercise in real time.

This is more than just weight loss - more than just exercise.

This is a NEW lifestyle for you and your family!

If you put this ground-breaking program to work, you can develop:

- A Positive Home Atmosphere
- Less Conflict in your Family, Instead, Teamwork Toward a Common Goal
- Improved Family Communication and Togetherness
- A Peaceful, Disciplined Family
- Better Physical and Emotional Health for Every Family Member
- Confidence and Self-Esteem for Family Members of ALL Ages

If you are ready to lead you and your family in the fight against obesity and unhealthy habits, *Family Fit* will help you engage everyone—young and old, in any family make-up—in your common purpose toward a 360 degree healthy lifestyle.



**Every Family
Any Family**

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