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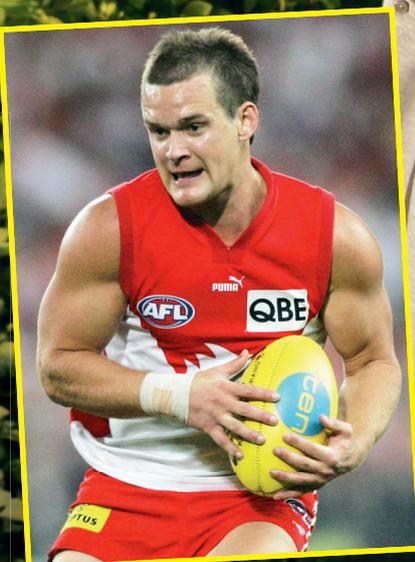


KEEP FIT IN THE OFF-SEASON

Amon Buchanan

The Swans midfielder has to stay in shape, even on holiday

After a tough season of footy, the temptation for players at any level is to veg out and take it easy for a while. But the off-season is a balancing act between giving the body a well-earned rest, getting so far out of shape you resemble a blimp and protecting yourself with the right kind of exercise. Sydney Swans midfielder Amon Buchanan guides you through his eight weeks off the hook.



PHOTOGRAPHY: CRAIG GREENHILL (MAIN); PHIL HILLIARD (INSET)

MOTIVATION

It's so much easier when you train with someone. At times you run OK on your own but if you've got someone there you can chat and muck around. Half the time you're having so much fun you don't even know you're training.

STRENGTH

Over eight weeks, I might do three or four weights sessions. I work the muscles a bit but not to build size as I tend to put on weight easily. The only reason I do weights in the off-season is so that the first session back doesn't absolutely kill me.

STAMINA

The other battle for me is that I've never really been a very good aerobic athlete. I've had to work hard on that as an AFL player and especially as a midfielder. I constantly have to work on improving my endurance.

NUTRITION

The club dietician maps out meal plans and gives us examples of good foods but at the end of the day you know what you should and shouldn't be eating. After a couple of weeks of eating junk food, you feel a bit guilty.

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