

# MAN ALIVE!

Training Sports Tips Travel Adventure Sports & Leisure Gear



**TRAIN LIKE A  
FOOTY STAR...**

## Brad Johnson

Despite the pain of training, the Western Bulldogs captain keeps smiling (or not)

**B**rad Johnson, captain of the Western Bulldogs, is a very nice bloke. The big smile reveals a character that has won him his club's Best and Fairest award three times – but conceals a gritty work ethic that keeps him running hard even at the end of the fourth quarter, as well as playing at the top of the game at 32.

How does he do it? The following pages reveal not only a scary and efficient stretching and stamina training regimen, but years of sacrifice: hardly any alcohol, one burger a week and never, ever letting it slide. "You can't afford to," he says. "Training's hard enough as it is, so if you're out of shape, you fall right behind everyone else and it's too hard to make that ground up again."

All that, and we haven't even got to the yo-yo test yet...



### MOTIVATION

"Staying motivated can be hard to maintain, but I certainly enjoy working as hard as I can. There's always that drive to win a premiership for our club, which hasn't been achieved for quite a while. That's the major drive I hold on to and that's why we come back every year and try to perform as well as we can as a team."

### STRENGTH

"Every player focuses on their core, but you've got to really focus on your whole body: the core and legs to hold yourself in the contest and the upper body, especially through bench presses, so that you're strong when in the contest."

### STAMINA

"My fitness is because of my work ethic; it's certainly not natural. I've always enjoyed running, say, a 400m or an 800m, but to go a bit further, it's harder work. You find that if you do it over a long period of time, you gradually get used to it and build a good fitness base where you can compete with the better runners in the competition."

### SCIENCE

"It's pretty big. We've got a relationship with Victoria University's sports department, so a lot of our training is based on the sports-science side of things. With hydration and diet, you combine those things. It all plays a big part in getting everyone ready to play."

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