

Cardio Challenge Hall Of Fame

Q&A



RON ATKINSON:

Ron was a dominant competitor in the First Canadian Cardio Challenge. He held the lead for most of the race, and finished a close 2nd place.

Q *Ron, how did you get started in the Canadian Cardio Challenge?*

A I started with some encouragement from Brendan Fox, while doing some personal training with him.

Q *What was your typical cardio routine?*

A First of all, I try to walk as much as I can instead of driving or taking public transit. I also try at least 3 or 4 cardio sessions a week. For variety I rotate between the treadmill, crosstrainer, and stationary bike. I do between 45 and 60 minutes. I also go at a pace that is significantly faster than the average speeds posted on the Cardio Challenge site.

Q *What moment in the race did you find most challenging?*

A That would be back in December when Gerry Wood started to close in on my lead.

Q *What did you find most challenging?*

A Try to stay ahead of Gerry Wood - something I obviously failed to do in the end, but I gave it the old college try and did a lot more cardio than I normally do for a few weeks.

Q *How did you stay motivated?*

A I always had a goal. I would try to reach the next check point by a certain date, or do at least 60 miles a week.

Q *What kind of physical changes did you notice during the race?*

A I had already lost my targetted weight and bodyfat prior to beginning the cardio challenge, so the most noticeable improvements were with endurance. It amazes me if I take a couple of days off how much harder that next workout is.

Q *What advice do you have to all those who aspire to meet you at the finish line?*

A Set attainable goals for yourself, and keep at it. Those of you in the race for 3rd should find it easy to do. Will Matt maintain his lead? Or will Ryan Shanahan, Brendan Fox, or Estella Hom overtake him? Or is there another Gerry back there who will beat you all? Only time will tell...

RON ATKINSON'S RACE STATS FROM TORONTO TO HALIFAX:

TOTAL DISTANCE	TOTAL CALORIES	WORKOUTS	AVG. DISTANCE	AVG. DURATION	AVG. SPEED
1 126.44 MILES	80 055.22	124	9.08 MILES	74.66 MIN.	7.3 MILES/HR