Tip of the week – **“Christmas dinner and mince pies”**

Trying to run off the mince pies?

A steady run isn’t always the best way to do this, particularly if you are a regular runner (you will no doubt have stopped seeing significant results and instead be in “maintenance mode”).

To really ramp up the calorie burn you need to step out of your comfort zone and introduce intervals.

A long, slow duration run can be good for working the aerobic system or when training for a race, however, intervals push the body, heart and lungs to work at maximal levels for short periods of time. [Intervals](http://www.womensfitness.co.uk/fitness/943/interval-training) have also been proven to burn calories long after the actual training session is over giving you a greater overall calorie burn. Try sprinting for 30 seconds followed by a one-minute jog to get your heart rate soaring.