



TRAIN LIKE AN ASTRONAUT
MISSION
TRAIN LIKE AN ASTRONAUT

#trainlikemike

1
00:00:18,870 --> 00:00:17,750
one of the next things i'd like to talk

2
00:00:20,870 --> 00:00:18,880
to you about

3
00:00:22,630 --> 00:00:20,880
for physical fitness is aerobic and

4
00:00:24,550 --> 00:00:22,640
anaerobic activities

5
00:00:25,990 --> 00:00:24,560
i like to simplify it a little bit for

6
00:00:27,910 --> 00:00:26,000
for myself and i just think about

7
00:00:29,029 --> 00:00:27,920
balance and i need to have a balance

8
00:00:30,390 --> 00:00:29,039
between

9
00:00:33,190 --> 00:00:30,400
activities that

10
00:00:34,709 --> 00:00:33,200
involve more long distance

11
00:00:37,750 --> 00:00:34,719
running or biking or things of that

12
00:00:39,830 --> 00:00:37,760
nature and then combine that with on on

13
00:00:42,470 --> 00:00:39,840

different days or or

14

00:00:45,110 --> 00:00:42,480

different times we all have activities

15

00:00:47,350 --> 00:00:45,120

that are shorter duration

16

00:00:48,549 --> 00:00:47,360

maybe a little more intense

17

00:00:52,310 --> 00:00:48,559

or

18

00:00:54,229 --> 00:00:52,320

activities and so this is a little bit

19

00:00:56,069 --> 00:00:54,239

of a change for where i grew up when i

20

00:00:57,270 --> 00:00:56,079

first started working out there was a

21

00:00:58,389 --> 00:00:57,280

lot of just

22

00:01:00,950 --> 00:00:58,399

straight

23

00:01:02,310 --> 00:01:00,960

strength training on weights and then as

24

00:01:03,750 --> 00:01:02,320

i was getting ready for football or

25

00:01:06,149 --> 00:01:03,760

basketball or track there was the

26

00:01:07,590 --> 00:01:06,159

running piece of it and now we see a

27

00:01:09,350 --> 00:01:07,600

little bit more of a combination of

28

00:01:10,870 --> 00:01:09,360

those activities where even as i'm

29

00:01:13,510 --> 00:01:10,880

lifting weights

30

00:01:15,190 --> 00:01:13,520

i can put in some anaerobic and aerobic

31

00:01:17,270 --> 00:01:15,200

type activity so i can do lighter

32

00:01:19,510 --> 00:01:17,280

weights and i can be pushing for longer

33

00:01:21,109 --> 00:01:19,520

time frames or i can do some heavier

34

00:01:23,270 --> 00:01:21,119

weights and and get more of that

35

00:01:24,469 --> 00:01:23,280

anaerobic push or doesn't even need to

36

00:01:27,350 --> 00:01:24,479

involve weights there's a lot of

37

00:01:28,950 --> 00:01:27,360

activities you can do in your house

38

00:01:31,749 --> 00:01:28,960

that don't require any weights

39
00:01:33,510 --> 00:01:31,759
whatsoever you can do burpees you can do

40
00:01:34,630 --> 00:01:33,520
push-ups sit-ups things of that nature

41
00:01:36,789 --> 00:01:34,640
where you're going to get some of the

42
00:01:38,469 --> 00:01:36,799
same benefits anaerobic benefits that

43
00:01:40,069 --> 00:01:38,479
we've talked about and then you can go

44
00:01:42,310 --> 00:01:40,079
out for a nice run or you can get on

45
00:01:44,390 --> 00:01:42,320
your bike and get some of that aerobic

46
00:01:47,030 --> 00:01:44,400
fitness in there so again for me it's a

47
00:01:49,429 --> 00:01:47,040
balance you'll see as as you look at my

48
00:01:51,670 --> 00:01:49,439
workouts there's going to be pieces of

49
00:01:53,270 --> 00:01:51,680
both of those mixed throughout the day