Stronger Than Last Year

And faster. And braver, too. Two totally doable fitness feats (and one worthy challenge) will sharpen both mind and body and throttle you toward top-notch shape.

by CASSIE SHORTSLEEVE

IT'S JANUARY, the time to set your eyes on fitness goals for the year. Usually they're enormous (run a marathon) or unspecific (get healthy), which helps explain why, so often, we fail to achieve them.

So we propose two totally attainable goals that will help you create a solid base for all your fitness endeavors for the entire year: run your fastest mile and max out your pullups. Then, because it's important to swing for the fences from time to time, we also laid out a plan for pulling off the handstand pushup you see on the right.

These efforts cover different skill sets: aerobic training, total body strength, and physical and mental agility—all of which you need to be a well-rounded athlete. Believe it or not, it's possible to master all of them by spring. Build off of New Year's momentum and tackle the goal that most excites you, or that best aligns with bigger-picture priorities (like the running goal if you are working toward a triathlon). You can also do all three concurrently.

Once you've achieved the skills individually? "I would take the challenge a step further and set a goal to complete all of these on the same day," suggests Joel Martin, assistant professor of kinesiology at George Mason University in Fairfax, Virginia. "This can be a creative way to keep you honest in all aspects of your fitness."

On the following pages, you'll find step-by-step directions for each goal. Follow the plans and put in the work. It's the best way to break the New Year's fitness curse.



Handstand pushups are a test of strength and mettle. Do you have what it takes?

STYLING BY KEVIN BREEN; LOCATION AND CLOTHING PROVIDED BY NIKE.

ANTHONY CUNANAN

WWW.ANTHONYCUNANAN.COM
ANTHONY@ANTHONYCUNANAN.COM