



Men'sHealth
WORKOUT PLAYLIST #4
ENDURANCE
BOOSTER MIXED BY
RICHARD DURAND

THE CONCEPT

POD-GIVEN POWER FOR YOUR TRAINING. The right workout soundtrack can cut your perceived exertion by 10%, according to Brunel University research, but the tempo needs to be tailored to your target heart rate to reap maximum rewards. The leading authority on music and exercise - Brunel University psychologist Dr Costas Karageorghis - used his cutting-edge quartic formula to find the perfect musical bpm profile to power you through this session, designed to deliver huge endurance gains in quick time, and specifically condition you to tackle a half marathon. If you're so inclined. Star DJ Richard Durand then hand-picked and constructed a superb mix to those specific scientific requirements. The result is a stand-out suite of tracks that will boost your workout performance *and* sound great in the car home, too.



RICHARD DURAND

A regular fixture in *DJ* magazine's Top 100, Richard's technical wizardry has headlined top club nights from Godskitchen to Gatecrasher and re-mixed everything from The Prodigy's Smack My Bitch Up to Snow Patrol's Chasing Cars. Check out his critically-acclaimed debut album *Always The Sun*.

THE TRACKLIST

- 1 **BANYAN TREE** Feel The Sun Rise
- 2 **ALEX O'RION** Winter
- 3 **SOULS** In The Beginning (Didier Red's Po Lak Remix)
- 4 **ANDY DUGUID** The Crossing
- 5 **ALEX O'RION** Fragile Goods
- 6 **MOONBEAM** See The Difference
- 7 **RICHARD DURAND** Into Something
- 8 **RICHARD DURAND** Always The Sun
- 9 **STEVE FORTE** Rio A New Dawn
- 10 **RICHARD DURAND** Silver Key
- 11 **ALEX O'RION** Like A Box Of Fluffy Ducks
- 12 **ANDY DUGUID** Don't Belong
- 13 **AIRBASE** The Road Not Taken (Leon Bolier Remix)
- 14 **AIRBASE** Back
- 15 **CARY BROTHERS** Ride
- 16 **CHRIS R VS CARL B** Take Off
- 17 **VIMANA** We Came (Akira V2 Remix)
- 18 **ALEX O'RION** Velvet Skies
- 19 **ANDY DUGUID** White Sand

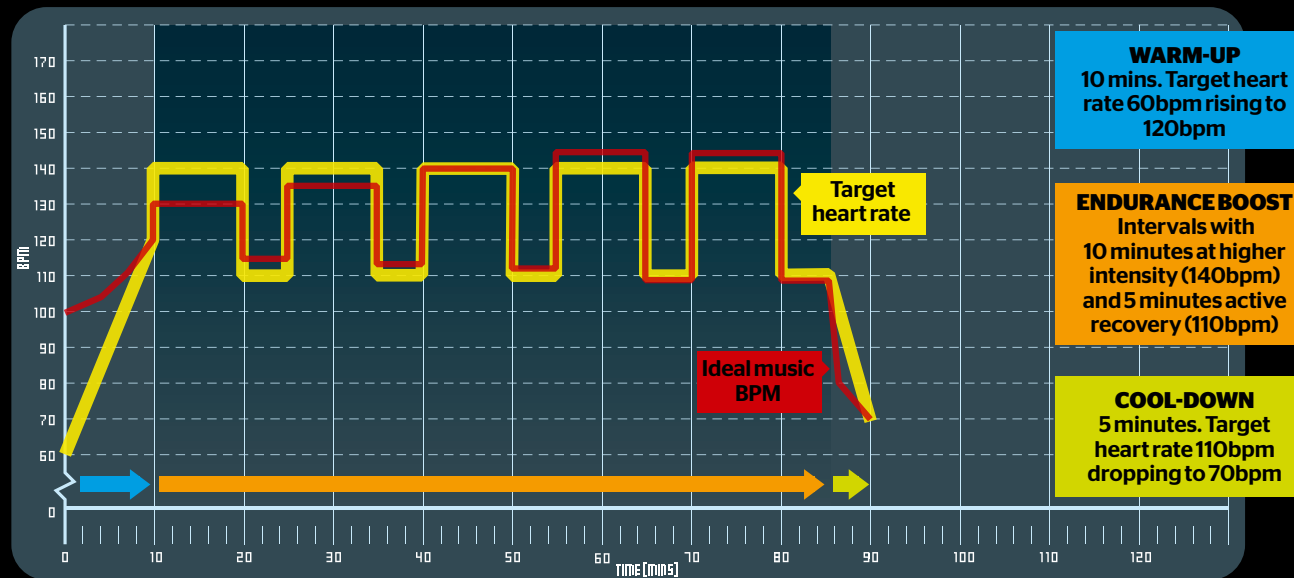
THE WORKOUT

THE ENDURANCE BOOSTER INTERVAL SESSION

The workout comes from specialist conditioning coach Gareth Cole of The Third Space Gym in London. To reap the endurance-boosting, half-marathon-conditioning fitness rewards, just strap on a heart-rate monitor and follow the heart-rate bpm target profile in the graph below. Depending on your base fitness, you may not manage the full five interval cycles straight off, but you can build towards it. Soundtrack your session with the *MH* Playlist Vol 4 to power you through.

THE CONDITIONING MOVES

This *MH* Playlist comes with the bonus content of three exercise videos specifically designed to complement your cardio sessions with the right strength conditioning to boost performance and keep you running injury-free. The moves – Side jackknife, Swiss-ball hanging knee raise and Two-point bridge – were selected by *MH* Fitness Editor Wesley Doyle, whose dulcet tones you'll hear on the voice-overs. For more information on the *MH* Playlist series see menshealth.co.uk/playlist.



BEHIND THE WORKOUT: GARETH COLE

Gareth Cole is one of the most sought-after trainers in the fitness industry. He coaches both individuals and fellow fitness professionals at The Third Space Gym in London, specialising in conditioning, performance and event preparation.

This *Men's Health* Playlist has been produced in conjunction with Total Fitness Music. Images Getty, Gerard Henninger.

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