

Ask an ATHLETE

INTERNATIONAL BOXER VALERIAN
SPICER TELLS US WHY WE
SHOULD TAKE UP THE SPORT

ON BOXING

Boxing training is excellent for general fitness, toning and stress relief. It's an ideal exercise for women – just look at the many celebrities who use it in their fitness regimes.

ON BEGINNERS' TIPS

Factor in at least two training sessions a week and stick to it if you want to see results. Remember that consistency is the key to seeing progress. If you are interested in competing, check out the ABAE website (abae.co.uk) for a list of amateur boxing gyms in your area.

ON TRAINING OUTSIDE OF THE RING

I run three or four times a week and do various sessions, including aerobic and anaerobic intervals and sprints. My routine also involves two strength and conditioning sessions, as well as boxing training five times a week, which consists of sparring, technical training, bag work, pad work, skipping and circuits.

ON NUTRITION

Eat a balanced diet, but allow yourself the odd cheat day and remember that portion control is important. Try not to combine fatty meats with carbohydrates, but don't deny yourself a steak if you want one and always include a healthy serving of vegetables to fill you up. When training regularly, include protein with every meal to aid muscle repair. If you can't eat a meal within 30 minutes of training, have an appropriate recovery drink.