

08.08 Upgrade

Live long and prosper

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OLYMPICS
FITNESS
SPECIAL

Go for gold

Olympic gold medallist and all-round champ Michael Klim shows *FHM* his new post-retirement fitness regime. The good news? You don't have to be an Olympian to manage it.

Swim training's a bitch.

At least, it is when you're no longer going for Olympic gold.

Since slipping into retirement, former butterfly world champion Michael Klim seems to have lost a bit of love for pool work. "It's surprising how bored I get," Michael tells *FHM* at his Melbourne gym. "I used to swim 20 hours a week, but as soon as you take the goal out of it, there's nothing for me to swim for... except maybe aesthetic reasons."

The follically challenged superstar has embraced a varied fitness routine since hanging up the Speedos. "I'm just trying to do things I haven't done in the past," he says. "Things that are a little bit more social, because with swimming you've just got the head down, following that black line for hours on end."

"Mixing it up is the key now. One day I'll go out for a run, the next day I'll go for a ride, then maybe go for a swim with the [Australian] squad again. Just try to keep it fresh."

The most important thing, however, is intensity. "I like to push myself, because I don't get out there too much, and I want to walk away feeling like I've done something," Michael says. "That's important for the average punter too - there's no point doing things if you don't feel it. You have to get outside that comfort zone."

ONE WEEK AT A TIME

Seven days in the life of the new Michael Klim (minus the boring "looking after his kids" stuff)

MONDAY: Run (15-20km)

TUESDAY: Boxing circuit (45mins)

WEDNESDAY:

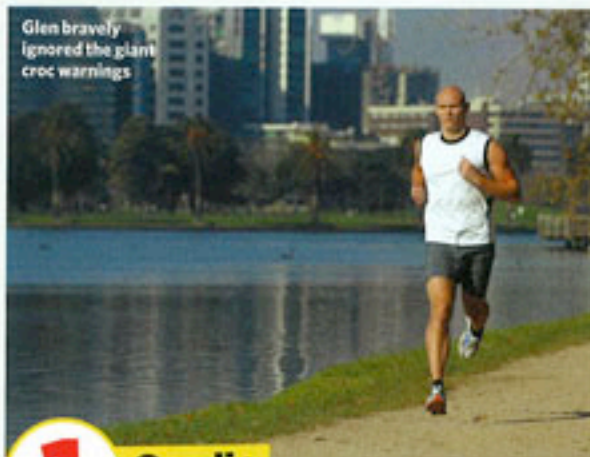
Circuit training (40 minutes)

THURSDAY: Rest day

FRIDAY: Circuit training (40mins)

SATURDAY: Cycling (100km)

SUNDAY: Rest day



1 Cardio

A Running

"I try to run between 15 and 20km in a session. That usually takes me an hour and a quarter or so. I don't go too fast," Michael says.

"I was doing this charity run a few weeks ago, which was 15km, and people were expecting me to be as good a runner as I am swimmer. I'm sitting here battling along, and they're running past going, 'Come on Klimmy, what are you doing?' They expect me to win everything."

B Swimming

"I'll usually swim for about an hour, and mix up the strokes. It's similar training to what I used to do - I just can't keep going for as long as I used to."

"Having some company is good. If you're struggling to stay in there for that extra 10 or 15 minutes, having a mate with you to drag you along will really help."

"I like pool buoys too - they're boards you wedge between your legs which help to build your upper body strength. They help you go further too, because kicking is something that works your heart a bit more. So it'll help you stay in the pool longer."

C Cycling

"Cycling is something I've really been enjoying lately. It's just good to get out on the road, have a chat... I wasn't able to do that when I was swimming. I'd probably ride up to 200km a week, over three sessions. I do about 100km on a Saturday, and then a few shorter rides, or runs, during the week. It's great."

D Boxing

"I've got a trainer, and we just get in the ring and do some sparring and some pad work with focus mitts, then you mix that up with some pretty intensive cycling for cardio training, and some weights. It's full on. It's 45 minutes of the hardest work I've ever done. I've got all new respect for boxers now."



2 Circuit training

A big part of Michael's training regime now is a twice-weekly circuit training session with a personal trainer to push him along.

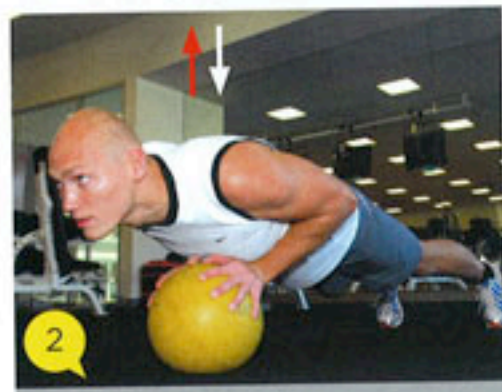
"I try to do 15 to 20 reps on each station - that's perfect for general body shaping and just staying fit," Michael says. "If you want to build muscle rather than just stay in shape, use heavier weights and do less reps."

"Also, make sure you keep your heart rate up all the time - no breaks between each station, just keep working. Do two full circuits in a session."



Boxing

Two minutes at high intensity (or 5km run in 20mins)



Diamond push-ups (with medicine ball)

Traditional push-up while balancing on a ball

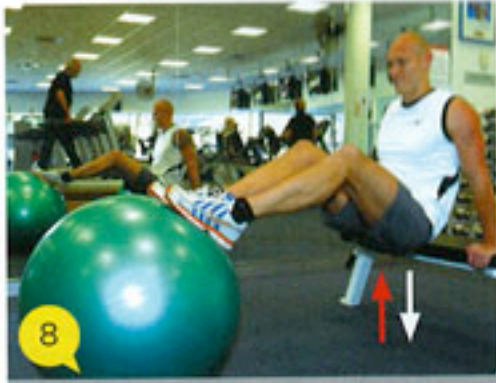


Dumbbell flies

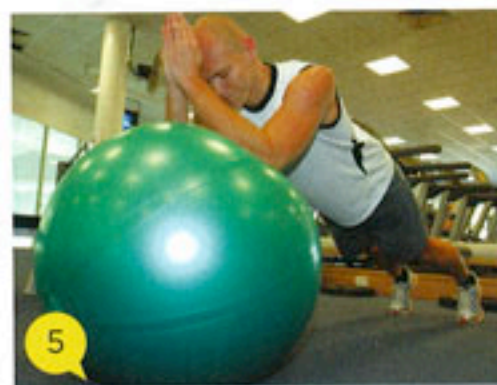
Start with dumbbells at waist and lift to shoulders

**Bar pulls**

Balance feet on a bench and pull chin up to bar

**Dips**

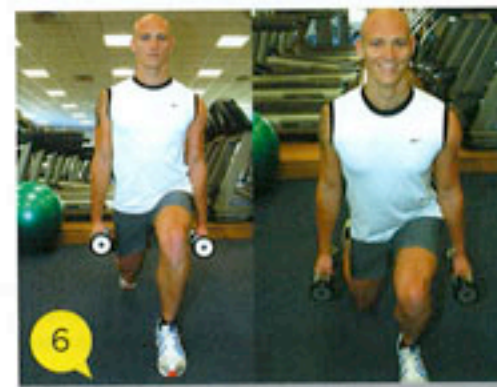
Balance on Swiss ball and lower body to ground

**Bridge (with ball)**

Balance on Swiss ball - hold for 45 seconds

**Step-ups**

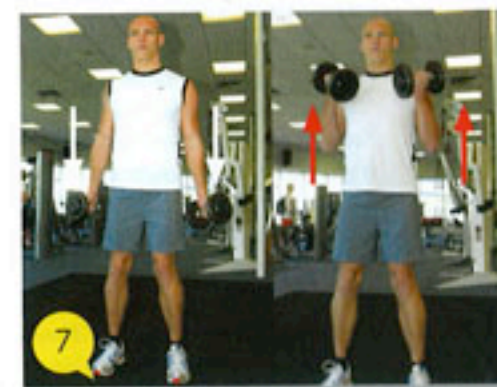
Holding dumbbells, step up and down on bench

**Lunges**

Holding dumbbells, take a long step forward

**Lat pull-downs**

Pull bar (or bars) down to shoulder level

**Dumbbell curls**

Raise dumbbells to shoulder level

**Rowing machine:**

Sets of two minutes each (row 500m in that time)

3 Nutrition

"I used to eat a lot of pasta, **chicken, tuna** – a good balance between protein and good carbs," Michael says. "You have high glycemic index carbohydrates, which are things



like rice. You wouldn't have a main rice meal at lunch time, because it gets your energy levels back up, but then you come crashing down again a couple of hours later. So

rice is great to have at night.



"I've never really had a structured diet as a swimmer – you eat your favourite foods, but you keep it balanced by yoghurts and a lot of **fruits**."



With the supplements, like vitamins, protein shakes and protein bars... you have to be careful how much of those things you take. For example, protein shakes, they're only really beneficial when you're doing the work. There's no point having one just when you're thirsty.



"I still take vitamins – just a multi-vitamin on a daily basis. I don't really have the protein shakes anymore, because they have a lot of kilojoules in them and I'm trying to cut back on that. So I'd probably just have an apple instead of a protein bar now. **Nuts** are good for snacking too."



"I've never been a huge eater, but some guys, like [fellow butterfly] Justin Norris... He's a massive eater. At one Olympic Games we had a competition to see how many chicken nuggets you could eat – **McDonald's** was free at the Olympic village. He went through like 100 nuggets, and then vomited in the bin outside. It was incredible."



Michael Klim's skincare range, **Milk & Co**, is available now exclusively through Myer (myer.com.au).