

EVALUATING RESULTS TO MAXIMIZE YOUR PERFORMANCE

With winter upon us, now is a great time as an athlete to determine your strengths and weaknesses, and adjusting your training goals accordingly. It's not enough just to train "hard". You need to take the time to evaluate if your training is actually working in the way of improved speed, endurance, strength & flexibility. Here are some things for you to consider:

What Motivates You? Look back at your training sessions and determine which type of workouts motivated you the most. Was it weight training, cardiovascular training, sports specific training? Lack of motivation is one sign of overtraining but we tend to like and do what we are good at and forget about our weaknesses. You need to develop a plan that will strengthen your weaknesses while keeping your motivation high. This can be achieved by manipulating the variables of frequency, intensity, type, and duration for each area of training to your personality. For example, if you need more muscular strength but don't like to be in the gym, you can perform weight training two times per week for 20 min. and focus sports specific drills and conditioning to strengthen your weaker areas.

Rest & Recovery All the training in the world won't make you better unless you are able to recover from it. By keeping track of your resting heart rate, morning body weight and hours of sleep, you will develop a pattern between your weekly training schedule (i.e. hard days/easy days) and how your body is responding (either positively or negatively). If you are getting adequate rest, you will see a relatively low HR and consistent improvements in your performance results. If your resting heart rate changes +/- by more than 5 beats in a day, it is a sign you haven't fully recovered. If you are not getting adequate rest, you will NEVER achieve your full potential.

Creating the Winning Formula Success doesn't just happen; it is built from the inside out. By understanding what, when and how much to eat & drink; knowing how hard or long you should ride; understanding how to cross train off of the track; understanding how to stretch without tearing something; being mentally prepared to handle the pressure of leading a high profile race has to be taught, tested and applied. With quantified evaluation tools and measurements, training and competing becomes void of emotion leaving you with the reality that you are either getting healthier, stronger and ultimately faster or not.

Longevity By having definitive goals and evaluation tools, you will optimize your training efforts and create championship results. You will be able to determine what works and what doesn't for yourself and be able to progress year after year.

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