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Weekly Training Tips

November 16, 2008

If you are training every day, but still not making progress towards your goals -- **take a day off from training.**

When you train, it's during the *recovery periods between training sessions* that the hard work you did while training actually pays off. Muscles, joints, and the central nervous system all require recovery time in order to function their best. If you've ever set a PR (personal record) after taking time off, then you have seen this phenomena in action.

This week, I want you to pay particular attention to what your body is saying when it comes time to train. If you have been training consistently, and you are dreading getting in the gym, then don't do it. Instead, **take a day of active rest and do something you enjoy!** Go for a bike ride with the kids, go for a walk, even get up and tackle some of those projects around the house -- anything that gets you moving and makes you feel better when it's done. You will still be moving, but different movements in different ranges of motion without the mental stress of "working out" will leave you feeling refreshed, energized, and looking forward to getting in to the gym tomorrow.

Keep Moving,

Dr. Cobb

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