

TriCentric

E-Tips

6 Holiday Tips

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Greetings!

With the holidays (and off season) finally here, my job as a coach often is to focus my athlete's attention towards off season goals and having fun with the fitness gains achieved. Of course I have athletes who have early 2011 goals such as half and full marathons and early season triathlons so I've kept that in mind for this holiday e-tip. Here are 6 holiday tips to get you through the winter happy, fit and ready to start your 2011 training without the typical holiday deficit.

Happy Holidays,

~B

1. Take a break! Having and off season without your normal training structure is healthy and will enable you to get even stronger next year.

2. Address your weak areas: This can be skill, knowledge, equipment... taking this time to address your weaker areas while not having to worry about the time constraints of your training is an essential part of progress and continued growth in sport.

3. Avoid over-indulging: This is a big one... we break a lot of bread and raise many a glass through the holiday season... as we should, life should be lived and not "trained through". However, this can easily be over-done on many occasions lasting a month or two if you don't exercise discipline. A quick refresher on portions and calories will help you make better decisions. A very quick Google search found this <http://www.wisegeek.com/what-does-200-calories-look-like.htm> ... Perspective :-)

4. Try something different: Go on a hike, try cross country skiing, get on a mountain bike, learn a new swim stroke... the point is to break the routine for a short time so when it's time to focus again you're fresh and ready.

5. Give back: We get a lot of help in our pursuits so giving back to the communities we live, train and race in is a must in my opinion. Volunteer at a race, help maintain a trail, get involved with a charity, be creative and I'm sure you can find a way to give back... everyone wins!

6. Train your mind: Reading a book, talking to a coach, participating in a skills clinic, etc... can only enhance your upcoming program. Knowledge is king and will help you achieve your goals and make better, more informed decisions.

Cheers,

~B