

Peaking in Training

The race is only two weeks away, and you are in the best shape of your life. In fact, if the race was tomorrow you know you could absolutely crush your goals. This is what's known in the fitness world as "peaking" and is the result of high quality training. You might be feeling a little anxious, a little itchy, and ready to let loose.

It's fun to experience a peak in fitness levels. For some of you, this might be the best shape you've ever been in! Remember the Week Three doldrums? Well, this is the exact opposite! So how do you handle this newfound fitness? What can you do to hone your skills for race day?

For starters, you can rattle the cage but not open the door. Sprinkle some short sprints into your workouts, just to burn off the extra energy. Build momentum over the course of a workout, and finish at a faster pace than you started. Perhaps its most important to simply have fun with your fitness...isn't that what it's all about??

You'll be itching for race day to come, but you have to save that energy for the start line. I like to channel my focus into preparing for the event, and make sure I have all my I's dotted and T's crossed. Have you researched the expo and what to expect? Have you made race morning travel arrangements and double-checked all the logistics? Having the details sorted out in advance means you can focus on what's important...the race.