

It's Scary...I Know...

It sounded like a great idea when you signed up...but now you're not so sure. You look at your calendar and wonder how the heck you're going to keep fitting in your training runs. You've been at it for three weeks, and the only difference is just being more tired than usual. The workouts are going to get progressively more difficult, and you're frustrated because you're not in the shape you want to be in. It's scary...I know...

But I also know that it will get better. It takes your body a few weeks for training adaptations to take hold, so you'll feel like you're getting in shape sooner rather than later. This comes with increased levels of vitality and better sleep, so you'll feel more rested going into each day. You'll begin to enjoy the workouts, relieve stress and start to look forward to the next training week. Once you make it to the month mark, everything changes.

So stick with it! Remember...consistency is key! I've seen it over and over again...people falter and give up when a huge breakthrough is right around the corner! Don't be that person! Continue to persevere, and stay committed to the program. Go back over the posts from the first few weeks and make sure you put those tips into practice? If you're having trouble staying accountable, join our [training group for support and accountability](#). If you have a clear vision but no habits to support it, find ways to create a better system for yourself.

The training is difficult enough, but my first-timers working on lifestyle change have it the hardest. Behavior change is extraordinarily difficult, because you are literally re-wiring the circuitry in your brain. You are overriding systems that have been in place for years, perhaps decades, and that is no easy feat. Keep fighting the good fight, remain diligent and consistent with the program and don't give in to the voice in your head saying it's too hard or too scary. It's not easy, but the reward is worth it...