

## Vacations, They Happen...

You find yourself back in the office on Monday morning, with sunburn on your back and an extra five pounds around your waistline. All those margaritas definitely didn't help your training at all, but that doesn't mean you should give up on your goal! People tend to drop out of programs after missing two or three workouts because they feel like they are "too far behind to catch up." Circumstances like this are not perfect, but it's also not the end of the world. It's summertime, and summer is the time to go on vacation. We like to get out, let loose and have a little fun. So how can you use this time off to your advantage and avoid getting derailed?

- "Down time" doesn't mean you have to literally be lying down. It's nice to take a little snooze in the sand, but only reward yourself with a nap after a long walk on the beach. Any movement is good movement, even if you're not running. Your heart rate doesn't have to be going through the roof in order to get in a good quality workout.
- Spice it up! Find a flight of stairs and do some sprints, or use the parking lines in the hotel lot for some drill-based exercises. All you need is your bodyweight for exercises like pushups and Burpees, so use your time away from your [training group](#) to do a workout you wouldn't otherwise get the chance to do.
- Remember to do some damage control. It's easy to go crazy, especially when you're out of town and not thinking about the race. Listen to the voice in the back of your head, that's telling you to wrap things up and go to bed because you need to get in a quick 20 minute jog in the morning.
- Reset and refocus. Taking a week-long vacation in the middle of a training cycle could potentially set you back from a physiological standpoint. Be comfortable with that! Taking care of your brain is just as important as taking care of your body, and time off is a good chance for self-care and self-reflection. You won't want to let an entire week go by without exercising, but remember you're on vacation and training shouldn't be creating any additional stress.
- Get back on track right away. If you take a week vacation, then take another week to catch up on work it becomes even easier to take a third week to get back into the exercise groove. Before you know it, you've lost almost a month! Remember there is still a task at hand, so create a timetable for the acclimatization process. It's nice to step away from everything, but only when you come back re-energized, renewed and ready to take on the world!