

OFF SEASON TRAINING

The Off-Season is a period for you to recharge your body and mind. Your calendar may suddenly fill with cross-training, time with family/friends, home improvement, work, etc. All those things you have put on hold for the past couple of months creep back into your life and take hold. That can be a good thing.

From an athletic standpoint, the off-season should be a bit more relaxed and unstructured when compared to the preparation and racing periods. However, every athlete needs to do a couple of things at the end of the season and before they get too far into the off-season, otherwise, easy gains for next year could be quickly lost.

*End of Season Assessment: How was your year? Did you reach your goals? What went well and what could have gone better? Did you have any injuries or sick time?

*Set a Timeframe for Off-Season: Look into next year. How did your previous off-season affect your racing performance this year?

*Assess Weaknesses: Strengths? Muscular Endurance? Mental Focus? Body Weight? Sport-specifics?

*Off-Season Plan: Now take the above information and formulate a plan for next year. Noting the start date and what you need to accomplish in the off-season to be set-up for a great year, whatever your goals may be. This may mean time off from swim/bike/run for right now? It may mean a swim focus month or strength in the weight room? Once you have the plan, it is important to look at your nutrition and the changes that may need to be made in what and how much you are eating. Also, note the upcoming holidays and how they may affect your eating and also your time for exercise.

I do think time off is great! Hopefully you enjoy your down time. It is important to consider the length of your time off and if you want to take more time off closer to the holidays or a planned vacation?

Big gains can occur in Off-Season just by making a plan and it does not have to mean a tightly structured schedule either. It depends on You.

It is best to make sure you have flexibility in your off-season schedule. If you have any injuries or recurring pain, you may need time off for healing? The cause of the injury/recurring pain needs to be determined and resolved. Strength, flexibility and stability should be assessed and maybe doing some fun, low-stress exercises that are different would be good for you.

I hope this is helpful, please let me know if you would like more information. I can be reached at www.customcoachsuccess.com.

Debbie Leslie-Minier, M.S., R.C.E.P., L.M.T., Owner of CUSTOM COACH

Mission is to help people attain optimum performance in a safe, efficient and effective program to reach their goals, keep balance in their life and enjoy the Journey of Training.