

# Long Term Motivation

by Claude Sweet

## Refresh your mind and body

Preparing for each competitive skating season is a marathon – not a sprint!

Considered the key to success marathon is to boost your maximum aerobic capacity (VO2 Max), and strengthens your leg muscles.

As is the case with many workouts, there are days when a workout session does not go well. Arms and legs seem to be working against each other, you're constantly checking your watch to see how long until the end of the session, and you secretly hope you'll have a reason to stop.

What can you do rouse your mind and when you're having a bad practice? Here are some tips on how to motivate yourself through your next long run.

- In a practice session, stop doing whatever is bumming you out after 5 attempts and change to other element that you can perform with a positive attitude.
- Break your workout into segments. Vary what you practice and spend four to five minutes on elements you have preplanned. Your endurance benefits will be the, but you'll remain refreshed throughout your workout.
- Use positive visualization. This technique can be especially effective in times between workout sessions. Visualize yourself achieving your competition day goals as your friends and family cheer you on. You'll be amazed by how "the body achieves what the mind believes."
- Pace yourself. Begin long workouts at a slow pace. Your body needs to warm-up prior to asking it to perform at a high intensity level. A warm-up program is different than a strengthening/conditioning or a flexibility program.

***Giving your body an opportunity to loosen up, as well as warm can make the difference between feeling good and feeling bad during a long workout session.***