



 **MCL** construction

# TRIPLE PEAKS

RUN ▲ WALK ▲ MTB HAWKE'S BAY

## 10 MARCH 2018

# 16 WEEK TRAINING GUIDE

## WEEK 10

We all have bad days – those when we miss a run or a ride. Those times can be demoralising and can wreck your confidence, so it's important not to let them get to you.

Armed with the tips below you will have some great strategies to help you re-frame those not-so-stellar days and get back out there:

- 1. Remember you're not a robot.** Don't expect to be at the top of your game every day, there will be times when life just gets in the way. Even if your calendar tells you have a big workout scheduled, sometimes you need to be flexible.
- 2. Never let a bad day put you off.** Beginners especially can be put off by a bad day. You think you've gone backwards and that your past successes count for nothing. Keep it in perspective.
- 3. Forget the bad day as quickly as possible.** Mentally tick it off and move on.
- 4. Bad days hone your mental strength.** Consider some of the upsides to getting through the day and not giving up. Those days make you mentally stronger and teach you to keep going when things are tough.
- 5. Bad days can help you really value the good days.** Think about how the odd bad day makes you really appreciate those great times when everything comes together.
- 6. Analyse why you had a bad training day.** Have you been overtraining? Are you coming down with something? Are you overtired? Dehydrated? Stressed out at work or home? Is there something you can change or improve to stop it happening again?

Don't give a bad training day more weight that it deserves; it's just a bad day. See it for what it is, don't overdramatise and get back out there again.

It is only 7.5 weeks until event day. Remember, all Training Guide tips can be found on the website [www.triplepeaks.co.nz](http://www.triplepeaks.co.nz) under "NEWS". Also, look out for more information regarding our Training Seminar, to be held on Monday 29 January at Peak Fitness in Havelock North, at 7.00pm.

Happy Training!



**Neil Wagstaff,**  
Peak Fitness



**Hilton Taylor,**  
Revolution Bikes

*Training Tips brought to you by Neil Wagstaff of Peak Fitness and Hilton Taylor of Revolution Bikes*

**Stay tuned for more  
Training Tips next week.**

**[www.triplepeaks.co.nz](http://www.triplepeaks.co.nz)**  
Training schedule courtesy of  
**Peak Fitness and Revolution Bikes**

