

# Notes from Coach Mike

## How often should I work out?

The suggested CrossFit protocol for training is 3 days on 1 day off. It's easy for CrossFit athletes and anyone else who is passionate about their training, to neglect a very important principle. I call it the training for life perspective.

I think I've come to a real healthy place in my life. I've committed myself to not doing anything that I can't sustain for a lifetime. This goes not only for my physical life (exercise, nutrition) but also the rest my life emotional, mental, relational, and spiritual.

I do none of my trainees any kind of service as a coach, if I allow them to train 7 days a week. This is just as destructive as habitually falling below 3 days a week. In the end the result will be the same, you'll find yourself falling far short of the dream of lifelong fitness. Even as I prepared for the National Gymnastics Championship I never trained more than 5 days a week. Well, maybe 6 if you count stretching and the stream room a workout.

Today I'm nearly in the same physical condition as I was at 20 (that's 30 years ago). I train 5 days a week. I usually train no more than 45 minutes a day. How intensely and smart you train is more important than how long and how often you train.

As a 50 year old athlete/trainer, my perspective on training is very different now than it was when I was in my 20s. All I could see early in my life, was the short term, achievement at all costs perspective. Suffice it to say, this perspective does not lead to life long high level fitness. And trainers that don't coach their trainees to this end, do them more harm than good.

Make your fitness a priority. Keep it a priority by not forgetting you need disciplined rest and healthy pace. Life is more than the gym.

If you'd like to talk more about how you can bring your training into the "Training for life" zone. Give me a call or seem me in the gym.

Train hard and fast,

Coach Mike