

Anybody who knows me will know that I will be the first to say that it is important to enjoy the journey - but what does "enjoy" really mean.....?

The definition of enjoy is 'to experience with joy; take pleasure in'. However, as we move through the various stages of our training it is important to understand that when we go after our goals there is a certain amount of "work" that is necessary and sometimes that 'enjoy' part gets lost.

Let's look at it from a different perspective. There's a certain pride that comes from getting through a tough, hot/rainy/wet/cold, workout. It would be easy to stop but something in you tells you to keep going,(ok, maybe I am telling you to keep going) - but the fact is - you are totally in control of what you are doing.

YOU are the one that can STOP at any time. There are times when it is important to say 'you know what that's enough for today' and other times it is important to say 'it doesn't have to feel great - I just have to get it done.' I LOVE LOVE LOVE when athletes get to this point - because this is what will make you a phenomenal racer! This is where the rubber meets the road and you get to find out your 'why' and, for me as a coach it gives me a chance to see what makes you tick. This is where you find the 'enjoy'.

Training is in a very simple equation....STRESS + STRESS+ STRESS (REPEAT AS NECESSARY) + **REST** = PERFORMANCE. I touched on this earlier in the year but now as the volume/effort truly starts to increase and race season is in full swing, I think it is becoming more clear as to just what does this means.

I received an email from an athlete earlier this week that said.

"I just wanted to share that I feel like I am absorbing most of this training, and I didn't really know what you meant by that, but now I do. It was 6hrs of ride time, very continuous, very little stop time, so definitely longest ride yet. I feel stronger for longer, and more importantly I feel confident in knowing that I can stick to my own ride plan, even in a group"

Does this mean that this athlete will “enjoy” his/her next ride? Will this mean that the next ride will feel the same or even feel easy? Not necessarily – but I believe this athlete will understand what he or she will need to do to get through the day. He/She has confidence in their ability – I LOVE THAT!!! One needs to believe in their ability to perform and execute! Believe and Achieve!

I remember hearing Peter Reid at one of his IM Hawaii victory speeches, say, “I had the perfect day” Yes, this feeling is a big part of what we train for. We train and prepare in the desire to capture that feeling of a perfect day. BUT, we also need to train for what it may feel like to deal with elements, or any one of the million of different things that can go sideways on race day.

Peter Reid won Hawaii 3 times. Something tells me that not every one of these days was perfect. He won and achieved his goal but I bet he achieved that goal very differently each time. That ability to adapt, to be able to go with the flow is what this is about.

Racing is about being prepared. Your training will make you fit, it will make you strong, it will give you confidence , however it may not make it easy. But really, you didn’t sign up for easy, you signed up for a challenge. Whether it is a 5k or an Ironman, embrace the challenge, plan for the day, and allow yourself to know you will have to dig at times, and you know what....I think that this is what this is all about.

Race on 😊