

Complimenting your mileage training - embrace the challenge!

We always find the time to put in the long miles, one thing I find key in a strong program are those activities that support your mileage. Mileage training is repetitive, using the same muscles, ligaments, tendons, etc...as well as the same mind set often. I truly believe that by adding a compliment to your mileage you will allow yourself to be a more balanced athlete. For example, I was first introduced to yoga nearly 20 years ago when I lived in Victoria. I was full in my racing career and dealing with a lot of injuries and I truly believed at that moment that I just "happened" upon yoga. I now know it was all part of the big picture. Yoga helped me establish a strong foundation that wasn't about mileage but rather helped develop overall strength.

As we enter into a new year and we look forward to our plans for 2014 and perhaps even further into 2015 and 2016 I encourage you to find a compliment to your "mileage" training. Yes, we are endurance athletes, and yes we need to get in the volume. If you are training for a marathon you will need to get some long 30k+ long runs in. Signed up for an Iron Distance event? A century ride would be a great training even! Through your training plan you will build up to these and allow the body to absorb and build off of these efforts. So as we build our training program and we find when we will do our swims, long runs, speed workouts, etc....also look to take time aside to fit in a compliment.

Find out what modality resonates with you? Is there an inner yogi in you? Prefer Pilates? Like the idea of a ball/core class? I truly believe you will find that this addition will not only help your physical approach to your sport but also your mental approach. Discover your breathe, discover where you go to calm your mind, discover how you can push but not make the push so hard. Embrace the challenge!

Check out your local studios to see what is available near you. I know that here in Vernon there is a new class being offered at [Arise Yoga](#) join Andria Li every Tuesday evening from 5:15-6:45pm to unwind and restore your body and mind. Perfect for athletes or anyone seeking more relaxation and flexibility. As well Rachel at Trinity has a great core workout on Saturday mornings more info can be found [here](#) and enough cannot be said about Naresh's thursday classes at Trinity (kudos to him for the photo credit above!) For those of you who love to get things done EARLY check out [Vernon Yoga](#), they have some great am options. And of course if you like things REALLY HOT check out [Bikram Yoga Vernon](#).

The key is that you compliment the volume, find a class that works for your

needs and your timeline, and you allow yourself to learn a little bit more about yourself - Enjoy!

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