

Training Goals

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Are you sleep deprived?

Often times the push off life has us juggling work, children, training and sleep. Typically, sleep is the first to go unless of course you are a teenager!

Some mornings, you would like to crawl back in bed for a few extra hours...but that is not always an option. And doesn't it always seem like the morning of a race your alarm clock is impossibly early?

I have gathered a few ideas and listed them for you to help you boost your energy and alertness so that you feel and look energized for the day ahead.

1. Lighten Up!

As soon as your alarm clock goes off get up and open of the curtains and turn on some lights. A short walk outside to fetch the paper will also help jump start your internal clock to wake up.

2. Shower Up!

A warm shower followed by a short splash of cold water on your face will stimulate your nervous system and constrict surface blood vessels which will help with the morning puffy face look.

3. Get Bright!

As simple as is sounds, wearing brightly colored clothes and/or accessories can help to alter your mood in a positive way. Ever seen me wear my hot pink flamingo socks!

4. Get Bold!

Whether coffee, tea or Mt. Dew, a morning beverage with caffeine will help boost your mood and perceived energy levels.



Studies have shown that 200 mg. of a caffeinated beverage (approximately two cups) will increase your blood free fatty acids thus reducing the rate of muscle glycogen utilization during exercise. In other words? Caffeine can possibly help endurance athletes postpone the point at which they "bonk" "hit the wall" or simply run out of energy.

5. Get Visual!

Spend time before your day starts or before the start of a race to visualize the way you want your day or your race to go. See yourself remaining calm, in control or winning your race. Close your eyes breathe deeply from your diaphragm and exhale slowly and deliberately. The more time you spend visualizing the way you want your day to go the better chance it will.

6. Get Moving!

As much as you want to crawl back in bed a brisk walk, morning run or any type of cardiovascular workout will rev up your body's metabolism and sharpen your body's ability to use oxygen. The boost of energy you get from the workout will help you forget about the sleep you did not get the night before.

Training Locations

8/9 – Ft. Carson Fitness Trail. 7:00 am

8/16 – Tiffany Square Park 'n Ride 7:00 am

8/23 – CRC 7:00 am

8/30 – Waldo Canyon 7:00 am