

PEERtrainer on track

Class 6:

You Vs The Workout

PEERtrainer™

<http://www.peertrainer.com>

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This information is intended for the sole purpose of participants in the PEERtrainer On Track Program. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

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You Vs. The Workout

1. How intense would you say your workout is?
 - a. Are you pushing yourself to the limit?
 - b. Do you enjoy it or are you just going through the motions?

2. You are probably working out beyond your current ability if:
 - a. You get frequent injuries
 - b. You find yourself exhausted
 - c. You're not enjoying your workouts
 - d. You find yourself craving sugars

3. Finding your optimal exercise range:
 - a. Dr. Phil Maffetone
 - b. Trainer of Marc Allen, 6 time Iron-Man winner.
 - c. The "180 Method" for finding your range:
 - i. $180 - \text{your age}$. Let's say you're 40. $180 - 40 = 140$.
 - ii. Make a +5 or -5 adjustment depending on your current condition. If you're of average conditioning, keep it the same for now.
 - iii. That's your high range number. You don't want to go above that. In this example let's say it's 140.
 - iv. Then subtract 10 for your low range; in this example 130.
 - v. You're aiming to be between 130-140.

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4. Simple, quick way to measure your heart rate when you're working out. You don't need to have a heart rate monitor.
 - a. Simply count your pulse for 6 seconds (any common digital watch makes it easy) and add a "0".
 - b. i.e. 13 beats per 6 seconds = 130 beats per minute.

5. Really watch for the thought process while you're working out: "What else could I be doing?"
 - a. When you're working out in this state, you're adding stress to your body because there is no enjoyment.
 - b. Reduces the potential benefit.
 - c. Start small and simple to build the capability/strength in your body
 - d. And to also get back to a place of enjoyment in working out

6. You want to avoid the "You Vs. The Workout" syndrome.
 - a. This may work for a few months, but at some you will fall from it because it's not fun and you're not mentally connected to it.
 - b. When stress and life "stuff" comes up, your exercise will be the first thing to go.

7. World-class athletes are using this methodology; not just everyday workout people like us.

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8. **Be careful with the competition mentality**
 - a. Competition itself isn't necessarily bad in itself, but it is a very easy way to overtax your body. It's very easy to fall into a habit of pushing yourself too hard and too far in competition situations.
 - b. Be careful about that.

9. **Find your own "measuring stick".**
 - a. There are thousands of different approaches to exercise out there.
 - b. Many have a lot of merit, but you still have to own what's going to work for you.
 - c. You have to find your own measuring stick; not measuring your relationship to exercise based on somebody else's measuring stick.

10. **Also become aware of how much thinking is a workout in its own right.**
 - a. A lot of mental exertion can tire you out like a workout does, especially if you're focused on things you can't control.
 - b. You may crave foods like you do after a sugar-burn workout, so be very mindful about your level of mental exertion and it's impact on your energy.

Hope you're having a great week! This module was inspired by a question from a member so please, if you have questions, email us at coaching@peertrainer.com We love hearing from you.

Jackie and Josh