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The Real Tips For Marathon Training

By Sylita Thomas

Have you ever run a marathon, or even been a spectator, if so, you'll appreciate the motivation and commitment involved. If you're not prepared when it comes to race day you can expect many hours of suffering and struggle!

It doesn't have to be that way, of course, if you put in the required training over several months. This requires commitment and motivation, and a belief that the accumulation of all those training miles will help you to reach your goal— whether this is time-oriented, or the equally valid desire to get round.

Everyone can always do something more, but even the elite athletes feel that way. Every athlete has their challenges — whether it's getting the children ready for school, or an Achilles injury. It's how we overcome these challenges that make us stronger, and mean we can stand on the start line with a quiet confidence.

So what is meant exactly by motivation and commitment? Motivation is the desire to achieve something unusual that gives you the incentive to do things that other people are not prepared to do. Not many people are prepared to train week in, week out so that they can stand at the start of a marathon and say to themselves, "yes, I am ready and I couldn't have done anything more."

If you're working full time you might have to get up every day at five a.m. to fit your training in, and this will take commitment, motivation and determination. It won't help if after a few weeks you revert to your former habits, and get up half an hour before you have to leave for work.

Whether it is getting up early, or beginning a fitness program your motivation and commitment needs to last over the long term to have an affect. In training for a marathon it will not help running for ten miles every two weeks, and doing no exercise in between. Your body will have forgotten what it has to do by the time you run again! It is better to run three or more times a week with one longer run on the weekend, and you will be in better shape.

These small, regular runs will add up to success over time, but they are far easier to do when you have a target to aim at. This can be a time you want to run, or the desire to complete the 26 mile race. Either

The Real Tips For Marathon Training

way if you know what you want to achieve you will be more likely to do the things you need to do. Having a target concentrates the mind, and increases your motivation. (

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My name is Sylita Thomas and I am the author of (

Sports Nutrition

Talk and

<http://www.Basketball-Overseas.com>

). As a professional athlete and former collegiate athlete I have

the honor of providing these tasty recipes for the true athlete. Having traveled to several countries in Europe, I would like to share my recipes and tips about eating well for success.

Dog Training Tips

By Fayola Peters

Dog training requires simple persistence to be a successful and delightful experience for you and your dog. Here are 8 dog training tips to guide you along the way.

1. Dog Training Tips – Get your dog's attention

Before you can start training your dog you first need to get its attention. You can do this by talking to him and offering him a small treat.

2. Dog Training Tips – Use the correct dog training supplies

If you have a well behaved dog a six foot training lead and a regular buckle collar will do. However if your dog is uncontrollable you should use a training collar. For the right collar size measure the dogs' neck and add 2 inches.

3. Dog Training Tips – For safety in vehicles

Before you introduce your dog to the inside of a moving vehicle you should teach him the 'down!' and 'stay!' commands. This ensures that he spends the ride on the floor of the vehicle.

4. Dog Training Tips – Elimination

The Real Tips For Marathon Training

When your dog got to go it got to go. To prevent your dog from getting busy on the carpet you should train him to eliminate on command.

5. Dog Training Tips – Praise

Always praise your dog when he learns a new command.

6. Dog Training Tips – Reprimand

Do not hit your dog! Any time your dog is engaging in bad behavior, use the opportunity to teach him the 'stop!' or 'no!' command. Using the 'stay!' command can also be effective in these situations.

7. Dog Training Tips – Play with your dog

This will help in building the bond between you and your dog.

8. Dog Training Tips – Do some dog training everyday

Don't rush dog training. Teach your dog one command at a time and don't move on until he gets it. A little dog training everyday is all that's needed.

Well that's it for my dog training tips. Enjoy training your dog and remember that it takes simple persistence.

Fayola Peters is the webmaster of

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(

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Do you want to be able to take your dog anywhere, and KNOW that he'll listen to you... even if tempted by another dog, a cat, or even a piece of food??? Then check out: "Secrets of a Professional Dog Trainer: An Insider's Guide To The Most Jealously Guarded Dog Training Secrets In History!" By Adam G. Katz, Owner of South Bay K-9 Academy and Dog Problems.com. For more information, go to:

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