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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Transition**

**By Dr. Dorree Lynn**

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Transition

Passage from one stage, place, stage, or subject to another—so states the dictionary definition—words that describe movement, but that say nothing of substance and the depth of human feeling. Nothing of nights spent tossing and turning, when craving sleep we lie awake, fighting our personal demons and feelings of failure. Or, terror resulting in knotted stomachs, shallow breathing, and the desire to remain in our comfort zone or to run far away. Neither does it tell of moments of quiet contemplation, contentment, and joy, feelings of accomplishment, even ecstasy and the delight change can offer. Transitions, be they small or large are rarely finite. With revisionist minds, we place timeframes around the experience. Perhaps we use a ritual such as a birth, wedding, illness, death, birthday, graduation, or a new newspaper editor to define these significant phases. I think, these transitions, life's ever in process changes, most often have ragged edges that bleed beyond our neatly bound boxes, starting before we are aware and morphing into the next process we call change.

Sometimes change is thrust upon us. Sometimes, it is cultivated by choice. But, almost always, it requires courage. Courage, I think, necessitates accepting the journey as a challenging adventure that will pull some new knowledge, fresh wonderment, or innovative direction from us. We human beings, such creatures of habit, so rarely stay put. Much as the boomerang in Kubric's 2001 was tossed into the beyond; we too, often fling ourselves into the unknown.

As I age, I often think these kinds of thoughts. "Aging is no accident. It is necessary to the human condition, intended by the soul. I think, perhaps to learn more about the integration of character and about love and the essence of relationships. Eros, of Greek mythology, was the youngest of the gods, but also the eldest. Love (and sex) from the ancient point of view, a view that I agree with, is ever changing requiring new learning every step of the way.

Along with most people I know, I have always had a life of transition, some sought and embraced, some thrust upon me kicking and screaming. And, with my particular flaws and skills, I have played my cards as they have been dealt. Once again, I have a new deck. The cards of course are familiar, for my

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character has not changed. I move with my current transition slowly, saying "good-bye" to what once was the comfort zone of my profession, children and grandchildren and now, bump along a rocky landscape of writing columns and books,(the current book is Getting Sane Without Going Crazy) speaking to organizations and using the media and the web to reach, and hopefully, to help, more people.

It is a passage of choice related to my age, to challenges long sought, to childhood reams that were unfulfilled, to knowledge gained. Still, when I analyze my own dynamics, I realize that there are ways that I don't know more about all the complex reasons for my own choices than those I am privileged to treat. Or, the meanings made, the life landscapes I design, keep changing from different views.

Recently, a member of a group that I was leading reassuringly tried to comfort a fellow group member

who was suffering panic attacks and nightmares as she transitioned out of a long term but unsatisfying marriage to a life that at least temporarily was without a mate. Lovingly, he told her that she didn't have to move in the direction that was causing her such pain. She looked at him a long time and gently said, "No, you are wrong, I can't explain all the reasons why, why, but I must do this. You have to understand, much as I am in upheaval, it is my next step." I listened quietly and I and the others in that room understood.

Life is too hard to do alone,

Dr. D.

Dorree Lynn, PH.D.

Dr. Dorree Lynn is co-founder of the Institute for the Advanced Study of Psychotherapy and a practicing clinician in New York and Washington, DC. Dr. Lynn served on the executive board of the American Academy of Psychotherapists and she is on the editorial board of their publication, Voices. She is also a regular columnist for the Washington, DC newspaper, The Georgetown. Dr. Lynn is a noted speaker and well known on the lecture circuit.

### **Why Schedule a Transition Phase?**

**By Matt Russ**

#### **Why Schedule a Transition Phase? by Matt Russ**

The transition phase may be referred to as "off season" training but is not a time to take "off." Actually, there is no "off" season. The transition phase is the time of year to let your body fully recover, both mentally and physically, while maintaining a level of fitness. It is the time to let those nagging little injuries heal up. The transition phase can last 4–6 weeks and occurs directly after the final peak of the season.

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I usually give my athletes a week of rest or very limited training following peak, and then start the transition phase. I give them the most flexibility and autonomy during this period. I tell the athlete to take extra rest days if needed and we schedule a few weeks with consecutive days off. Cross training and other activities are encouraged, especially for runners. I like to give the joints and connective tissue a break from the impact of running and will schedule runs as little as 2x per week. I do not encourage racing during the transition phase other than at a base or non-competitive level. I discouraged a race that requires preparation or volume increase.

A typical transition week will have the athlete working out 4–5 days per week with rest days in between. There is no progression. Volume can be greatly reduced as long as there are brief bouts of intensity. I will cut interval volume way down but never eliminate higher intensities completely to maintain aerobic capacity. I do encourage one longer work out per week at a base level to maintain endurance. Some light strength training can occur, mainly to acclimate the body for resistance training. Reps are high, weight low, and the number of sets small. Core work is emphasized.

Mentally it may be hard for you to transition for the first time following peak. If you are used to higher volume and high intensity and you may feel they are going to loose too much fitness. I have found that athletes who transition a few seasons actually look forward to it and may train even harder leading up to transition. It is the light at the end of the tunnel. I like my athletes coming out of transition feeling a bit under trained and ready for the increased volume in base.

Conversely: taking time off completely means spending a majority of your base season making up for lost ground. Each season should build on the last. If you take 8 weeks off you may find your race times are similar to last years (or worse).

The transition phase is an important part of an annual training plan and should not be overlooked. Be sure you end your season with a transition before you begin the next.

Matt Russ has coached and trained athletes around the country and internationally. He currently holds licenses by USAT, USATF, and is an Expert level USAC coach. Matt coaches athletes for CTS, is an Ultrafit Associate, and owner of [www.thesportfactory.com](http://www.thesportfactory.com)

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