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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.

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 lose 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

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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

Transition Your Mind!! From Dependant Employee to Self-Sufficient Entrepreneur

By Dave Hertner

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"Transition Your Mind!!

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There are a great many of you out there who are poised and ready to move into the next phase of your lives but you are stuck in the starting gate!! You have dedicated a part of yourself to the romance and excitement that surrounds a new business venture but there is something holding you back.

Today, I'm going to help you see into yourself so you can

take an honest look at why you're having trouble making the transition into entrepreneurship.

As you grow yourself out of your current situation towards entrepreneurship, you will pass through three phases of development.

The first phase is the **DEPENDENCY PHASE**. Physical dependence is the same as if you were hooked on some sort of substance. Your mind has decided that it is completely reliant on something. It doesn't have to be a substance!! It could be a family location. It could be a physical impairment. It could be that you don't own the type of clothing that your mind needs to see your body in before it can accept that you can be someone different.

The mental and emotional component of this dependence is the most important part to understand. If you cannot get a handle on your dependencies in this area you will get stuck in this phase. That said, this is also the most liberating door to walk through. You have to sit your self down and take an **HONEST** look at your life up to this point. Remind yourself about your dreams!! Accomplishment in the absence of dreams is impossible!! Open yourself up to the possible and focus your energy toward that goal!!

The **TRANSITION PHASE** is the 'get up and go' phase. Here you are with a fresh look at yourself and a great business idea. You now face the fear of starting or, if you team it with inertia, 'Fear of Departure'. This happens often when you have a secure, well paying job that you are contemplating leaving. There are two things that can combat this fear. You need the support of your family and friends and you need to

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have a business plan that you have completely internalized. This will give you the courage to step away (mentally at first) from that perceived security which is exactly what is holding you back.

The business planning that you have done up to this point will kick in now to carry you on through the execution portion of the transition phase. Lots of work needs to be put forth to ensure that your business is successful. Congratulations!! You're out of the starting blocks!!!

The last phase of development is the most gratifying. This is when your mind re-learns to open up. When you were a child, your mind was wide open to new things. That is how children can absorb so much so fast. Successful people, as compared to lucky ones are those that keep their minds open

to opportunities. They are also emotionally ready to capitalize upon those opportunities.

In conclusion, I will leave you with this simple thought. You are the only warden over your mind. You hold the keys that can free your mind to see all of the opportunities out there.

Remind yourself of your dreams. See yourself for what you are today. Plan for your transition to success. Execute that plan and then allow your mind to be free and open to all of the opportunities that come along.

To the success of your business!!!

Dave Hertner

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