

THE REAL PERFORMANCE SECRET

THE REAL PERFORMANCE SECRET



ENDURANCE JOURNEY
#MakeTodayMatter



The Real Performance Secret

We live in a world where whatever information you need regarding your health and performance is readily accessible. A quick Google search and boom...you have an answer.

Actually, you will have several answers.

Therein lies the issue.

I like to refer to the access to multiple answers as **NOISE**.

In the health and performance arena there is **A LOT** of noise.

Some of these answers you find can be helpful and can also just add to the confusion.

When you consider the training, performance, and health space there is no shortage of experts willing to dispense information, plans, and “advice” to help make you feel better and go faster.

The reality is every training session, food, hydration, and mental performance strategy to maximize your health and performance has already been created.

Well, I am going to let you in on the most important performance secret. This is the most important thing you can do to cut through the noise and help improve your health and performance. I have learned this through my 15 years as an athlete and coach and have found those who are able to apply this secret to their approach to training and health always perform the best, achieve optimal health, and have greater enjoyment of life.

It's Time To Look Within

The secret to achieving your health and performance is learning to be intuitive.

You may ask “What do you mean be intuitive?” Simply put it's making decisions about your training and health by tuning in to how you feel every day.

Let's dive into this a little further...

Intuition is your own insight and awareness of how you feel based on your life stress, energy level, and the quality of sleep. We ultimately train and race because we enjoy it and feel it helps improve our health. However, I have seen too many athletes get injured and/or sick, achieve poor results, and even burn out from ignoring their own intuitive feedback to get more miles done or grinding out that last hard set too often.

I'm going to give you a hard truth right now. **Training is a stressful activity.**

Your body has a similar response to training and racing as it does to a difficult discussion or situation with a work colleague, spouse, and friend. Sure the situations may be different but the same sympathetic nervous system (flight or fight) response is

The Real Performance Secret

triggered within your body.

Stress is stress no matter which way you slice it. Stress affects your body's ability to adapt to your training. When stress is too high you will notice certain things. For example, inability to achieve/maintain high intensity efforts, poor sleep, lack of motivation, low energy levels, irritability. These are all signals your stress levels are too high and you need adjust your training to limit the stress.

Here is the bottom line...

Athletes improve health and performance through consistent training while allowing for adaptations to their training based on daily levels of stress. When you adjust for how your body feels consistently your outputs (speed, power, etc.) will be more predictable and, most importantly **progress**.

In other words, be flexible in your training and adjust as needed on a daily basis.

Now this approach does not give you a pass to just shut down a workout every time you feel a little tired or unmotivated. To progress your fitness and ability to be race ready means being as consistent as possible with your nutrition, sleep, stress management, and training within the context of your life. Consistency helps to develop confidence and belief in yourself.

When you believe in yourself, and the preparation you have done to get to the start line ready, you give yourself the best chance of being successful on race day.

So now I know what you are thinking "What does make adjustments on a daily basis mean?"

Well this gets back to the intuitive training concept revealed above. This is how you would apply it to your current training. Before your next training session ask yourself - "How do I feel?" Now based on your answer you can make some decisions as to how to proceed with your next session:

- If you feel good proceed as the session requires
- If you feel off (very tired or stressed) – do the warm up and then see how you feel and adjust as suggested below:
 - If you feel better proceed with the session as planned
 - If you feel the same, do the first part of the main set (e.g., first 10 mins of main set) and if you don't feel better, make the session a low stress/easy effort session
 - If you feel worse time to just call it a day (some light stretching and deep breathing exercises can help decrease stress and improve mood).

Simple and effective way to manage your stress and get the most out of your training.

To find out more about how we can help you achieve your optimal health and performance sign up for a 15 minute no strings attached consultation - [click here](#).

Yours in Health and Performance,
Patrick Ash and Jen Ruland