

Mix it up!

Luke Barden, August 2013

We are 8 months through the year now, and you may have found a routine with your training plan that you are really enjoying, which is great! Or you may be finding that you are growing bored of the stuff you are doing. Now is the time to mix it up! Feel the burn again, and allow yourself to try new things. A new class? A new style of training? Set yourself a challenge? Whatever it may be, find something that will take you out of your comfort zone, and make you push yourself.

The last two months we looked at the different types of training in the gym. If there is one you aren't really doing, try it out! And if you find you do a bit of everything in the gym, how about a new sport? Or signing up for a run?

You may find something you really enjoy and decide to keep as a part of your training. You may find something that is definitely not for you. But life is about new experiences, and you shouldn't let your training grow stale as this could lead to you losing motivation and eventually stopping.

Get out there and give it a go!