

Weekly Training Tips

December 7, 2008

Last week we talked about the value of setting a goal for every training session. If you have been practicing that this week, you already are likely seeing differences in how you move and feel in your training sessions.

The next step in this process is to ensure that your chosen goals are SMALL! That's right, no big goals allowed...

The reason for this is that the path to movement excellence and world-class athleticism is one that requires patience and persistence. Small, attainable goals keep your nervous system focused on the gradual changes necessary to change your body in remarkable ways.

This week, as you plan your training sessions, think small!

Keep Moving,

Dr. Cobb

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