

Weekly Training Tips

November 30, 2008

When you watch a great coach work with his or her athletes, one of the most interesting things to see is that EVERY training session has a purpose. This does two notable things:

1. It ensures that every practice pushes the athletes a little further along the path of excellence, and
2. Prevents wasted time, energy, and focus.

As your own coach, you will be amazed at what you can accomplish if you follow this simple rule: **give every training session a goal!**

For example, you might decide that today is posture day. Your sole focus then becomes to maintain excellent posture throughout EVERY repetition of every exercise you perform AND as you transition BETWEEN DIFFERENT EXERCISES. With this level of focus, you will find small areas in each exercise and particularly between exercises where you tend to lose postural alignment. As your awareness of these areas increases, work to maintain your postural alignment, and before you know it, it will be second nature to you.

So, this week give every training session a goal and see what happens!

Keep Moving,

Dr. Cobb

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