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**I work one-on-one with extremely busy executives to create routines that include sustainable exercise habits.**

**Question:**

How can I get up over the “physical” plateau I’m on? I feel like I’ve been in this shape, at this weight, on this level for a while.

**A point to ponder:**

Push yourself – just a little bit more. Take a look at your training week as a circuit. A full circle will be 4 weeks, a complete round will be 3 months. Most people can maintain the exercise they do for about 3 months...then they need to change things up.

One way to stay motivated, and continue on to increased levels of strength, fitness and energy, is to schedule one “longer” training session per week. If you’re a runner, schedule a run up to 25% longer (in time, not distance) than average. Golfers, hit an extra bucket or two of golf balls on the practice range. Weightlifters, add two-three repetitions to each set, while decreasing the weight per repetition.

You may have heard the saying, “The purpose of a goal is NOT to get the goal.” What is the purpose then? The result.

The result of setting goals should be an increased level of attention to what you do today. Knowing a 90 minute run is coming up this weekend might add running an extra 7-10 minutes during each workout. Planning a longer than normal weight session may lead to reading a magazine article on the subject.