

# TRAINING TIPS FOR EARLY MORNING WORKOUTS

## *How to beat the buzzer and get out the door*

By  
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Making the commitment to get in shape takes just that – commitment. The simple act of investing in an early morning trainer can provide the initial motivation to make it to the gym. However, financial accountability is only part of the picture.

For some of my clients, early morning training sessions provide the perfect opportunity to challenge themselves to change their lifestyles as much as their bodies. Suddenly, dinner and drinks the night before an early morning workout is no longer so appealing. The focus becomes on eating earlier, refraining from alcohol, and most importantly, getting enough sleep. For these clients, these simple lifestyle changes provide the fuel for the early morning workout fire.

For other clients, however, it's not so easy, despite the obvious benefits of a healthier lifestyle. But whether or not you have a personal trainer, the simple act of making it to the gym in the morning builds on an increasing sense of accomplishment that grows with each early morning rising. And here's where a little imagination and innovation can come in handy.

The most important thing to remember is that waking up early has everything to do with getting enough rest the night before.

Katherine's Top 10 Early Morning Training Tips:

10. **Go to bed the same time every night during the week.** As your body clock starts to adjust, also start getting up the same time every morning whether you are training or not. Take that extra morning time you are not going to the gym just for yourself.
9. **Be in bed 8 hours before you need to wake up.** Whether you are tired or not, your body begins to wind down and prepare itself for sleep.
8. **Switch off the computer and the TV at least a half an hour before you are in bed.** Try stretching, reading, writing, meditating, a quiet conversation, or sex to wind you down. The focus is on relaxing.
7. **Reschedule your training session if you have a pre-planned late function the night before.** There is nothing worse than working out without enough sleep or with a hangover. Don't skip your session either, let your trainer know ahead of time and they will adjust your workouts.

6. **Pack everything you need to wear to work and lay out your gym clothes the night before.** This is a very important evening ritual. You are letting yourself mentally prepare for a relaxed and stress-free morning, and one that any partner will appreciate. The perfect time to do this is just after the TV and computer are turned off. Try doing this to your favorite relaxing music.
5. **Visualize! As you go to sleep, picture yourself waking up refreshed and performing a great workout session.** Don't underestimate the power of visualization. You are not only letting go of the day's stress, you are giving yourself positive reinforcement for a successful outcome.
4. **Stop pressing the snooze button!** Try using a dual alarm clock. I allow myself one snooze in between my dual alarm clock. Abusing the snooze button can demotivate you and, if you have a partner, really, really annoy them.
3. **Have your early morning meal readily accessible when you wake up.** A light early morning breakfast can make all of the difference. Try toast or a bowl of cereal and juice. A piece of fruit or a bowl of fruit salad is best if you have to dash out the door. If you don't like to eat before a workout, mix one part fruit juice to three parts water and drink throughout your workout to keep you energy levels up.
2. **Create a simple routine to wake up the body in the morning.** Deep breathing and gentle full body stretches are great ways to wake you up. Basic yoga sun salutations or dynamic stretching are ideal ways to bring in energy and oxygen into the body. Stretch your arms overhead as you inhale deeply, then fold over with knees bent and hug yourself on the exhalation, repeat five or six times. Ask your trainer to create a simple morning wake-up routine for you.
1. **Treats and incentives work!** For every session you do make, put \$15.00 in a jar and for every session you miss, take out \$10.00. When you finish your training package, treat yourself to something worthwhile and rewarding like a new pair of sneakers, a workout outfit, or a weekend getaway!

Remember, stay positive and remind yourself how important your goals are to you. The key to successful training is consistency. Being fit and healthy isn't something you do for a few hours a week in the gym – it's a way of life. Good luck and see you in the morning!

***Katherine Adamenko** is an elite certified personal trainer, fitness expert, award-winning bodybuilder, group fitness instructor, movement specialist with over 20 years combined experience in the dance and fitness industries. For more information please visit her website at [www.Ironkat.com](http://www.Ironkat.com).*

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