

C2Triathlon

MOTIVATION, TRAINING

I DON'T HAVE TIME TO TRAIN

2015-07-27 | CLENTZ | LEAVE A COMMENT

Yes you do. Here's a very simple way to prove it. Spend a week writing down everything you do during a week and look for places where you're wasting time.

This tip is attributed to Rob MacDonald in a [Men's Health](#) article about things fit men do each day. MacDonald refers to it as tracking debits and credits:

The most frequent excuse that he hears from people who don't meet their goals is that they don't have enough time to train, he says. "That's garbage. I sit those people down and we run a time credit and debit chart."

Those charts factor in the time requirements of every single thing the person does in the week—from work and sleep, to eating and browsing social media.

"We find there are usually at least 10 hours in the week that aren't accounted for, that just went missing," says MacDonald. "So why weren't they spent training?"

He's right. In my own life I realized that I was watching TV, playing on my iPhone, or doing other pointless things I could reduce.

You don't need to overhaul your life. Just find a few hours a week that you would rather spend reaching your goal.



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