75 Great Reasons to Train

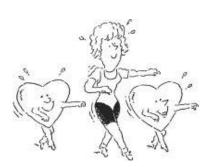
By Susan Ellis

This month marks the 75th, yep, that's right, seventy-five tips that I have published on the skating tips page. So in honour of that, this month's tip is 75 great reasons **TO train**!

I started struggling somewhere around number 70 to come up with 5 more so I asked my homies in the Saint John club to come up with 5 more. They did such a good job I replaced some of mine with theirs!

Interestingly enough we had just had a chat that week at dryland training about what motivates them to train. That night we had one of our best training sessions ever! Yes, sometimes training can be boring, hard to do, tough to find the time, lonely, and makes you hurt! But if you look at all the good reasons to train I think you'll find more than a few to get you going and be the best you can be. So pick your favourite reasons and follow through with your commitment. You know you can!!!!

- 1. Training increases the size, strength, and stroke volume of my heart muscle
- Training increases my lung capacity to take in more oxygen
- 3. Training increases the amount of my capillaries in the muscles so more blood can flow to the muscles
- 4. Training increases the return of blood to my heart so it can be re-oxygenated quicker
- 5. Training increases the amount of exercise I can do so I can skate longer
- 6. Training increases and enhances a bunch of proteins and enzymes that help in producing and using oxygen and muscle fuel
- 7. Helps to convert the food I eat into fuel for the body
- 8. To be able to use fuel from blood oxygen longer rather than muscle fuel legs don't get tired as quickly
- 9. Increases lactate threshold can work harder for longer
- 10. Increases lactic tolerance muscles don't hurt as much
- 11. Increases amount of fuel stored in muscles
- 12. Increases aerobic capacity
- 13. Increases aerobic power
- 14. Increases lactic capacity
- 15. Increases lactic power
- 16. Improves lactate buffering system picture a bunch of Pac Men in your muscles eating up all the nasty waste products and then spitting them out as fuel again
- 17. Increases strength in muscles
- 18. Increases size of muscles





- 19. Increases power in muscles
- 20. Increases fast twitch muscles sprinting
- 21. Increases muscle coordination
- 22. Increases agility
- 23. Increases flexibility
- 24. Improves balance
- 25. Increases range of motion
- 26. Improves skating position
- 27. Easier to stay in perfect skating position
- 28. Improves push longer
- 29. Improves push harder
- 30. Improves push faster
- 31. Can put more pressure into the ice
- 32. Improves efficiency
- 33. Increases reaction speed
- 34. Improves quickness
- 35. Get better starts
- 36. Better lap times
- 37. Be able to do more laps
- 38. Increases rate of recovery between training sessions
- 39. Increases rate of recovery in between races
- 40. Improves core strength
- 41. Improves core stability
- 42. Improves stability in hips
- 43. Improves stability in ankles
- 44. Proud of being fit!
- 45. Look cool in the weight room
- 46. Get a six-pack of abs (women love it!)
- 47. Train with friends
- 48. Fun to train
- 49. Learn new skills
- 50. Improve fitness for other sports
- 51. Don't want to get left behind
- 52. Lose weight
- 53. Look buff!
- 54. Make qualifying times for competitions
- 55. Make teams
- 56. Improve performance at competitions
- 57. Set goals
- 58. Accomplish goals







- 59. Build on strengths
- 60. Improve in weak areas
- 61. Win competitions
- 62. Improves confidence
- 63. Prove to myself I can do it!
- 64. Improves mental toughness
- 65. Have fun while working hard (Sandy Archer)
- 66. Makes for a good night's sleep (Sandy Archer)
- 67. Because you like to skate (Julia Laparco)
- 68. It's better than doing nothing!!! (Catherine Tremblay)
- 69. Guys like girls that are in shape! :) (Catherine Tremblay)
- 70. Decreases mental stress (Leah Holah)
- 71. Sets lifelong habit of being physically active which will serve you well in later years!!! (Angela Lavric)
- 72. Builds strong bones and prevents bone loss (osteoporosis) later in life. (Angela Lavric)
- 73. Helps prevent cardiovascular disease and lowers cholesterol which begins earlier in life than you think! (Angela Lavric)
- 74. Sets a good example for the rest of your family to get active. (Angela Lavric)
- 75. Rewarding and motivating as it releases natural endorphins! (Angela Lavric)

