


Thinking about retiring?

Feeling **burnt out**? Getting back in the saddle can be much harder than it sounds. Many people fall into "**retirement**", an indefinite break from racing or working out in general.

Here are a few tips to stay out of retirement:

Su	M	Tu	W	Th	F	Sa
			X	X	X	X
X	X	X	X	X	X	X



Sign up for a race

If you pay for a race, there is much more incentive to do it. The fact that you have a race coming up in the future will help motivate you to get up, and workout.

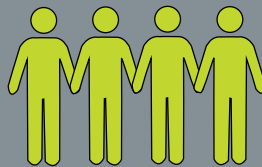
Mix it up



If you always race long distance triathlons, try doing an olympic or sprint! A shorter distance triathlon is much less daunting than a half or full Ironman, so signing up is much easier on the mind and the wallet.

Form your own Alliance

Workouts are always more fun when you have friends to suffer with. You naturally incorporate workouts into your schedule when you know that you'll have friends there. Knowing from experience, a workout buddy can really help get your butt out of bed in into the pool.



Try other types of races and workouts. If swimming isn't your forte, duathlons might be just what you need. Might be that you'll fall in love with trail running, mountain biking, cyclocross, or paddle boarding.

Go and try something new!

Everyone needs a break at some point, so don't be afraid to take it. However, no one should ever fall into retirement. We got into triathlons and other endurance sports for a reason. If you hold on to this reason, then your couch won't seem quite as comfortable. Your story isn't over yet, so keep up the training! #whatsyourstory

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