



Personal Training for Dragon Boaters

Personal training offers several unique benefits for dragon boaters.

- Personal training can address your specific needs in your sport. It can also short-cut your own attempts of trial and error, which, many times, can cause negative results like undue stress, and sometimes even injury. This holds especially true for those engaged in a repetitive motion sport like, cycling, swimming, rowing and paddling.

-A personal trainer can help to establish baseline stats for you in your sport. This lets you track your improvement, reach goals and set new ones.

-As you train for competition, it is imperative to continue maintenance strength training for your sport's specific needs. You also need to learn to focus on body parts that might not be getting as much attention. Otherwise you can experience muscle imbalances or weakness, setting you up for a subpar performance – not to mention stress and soreness!

-If you are an older athlete, even though you're engaged in a sport, your strength, will not remain without regular resistance training with continued challenges.

-Finally, having a regular training session adds accountability to your fitness commitment. Frequently, this is the 'missing ingredient.' A trainer is frequently the difference between 'meaning to do it' and actually doing it.

All of these are areas where a personal trainer can be an outstanding coach and resource.

There are other options in training as well. Partner training can work with teammates and those of same age and/or abilities. And small group personal training can also be effective. These end up like a small class, but differ in that they can have a more personal approach, finding what each person needs and designing training to cover those needs.

Partner training is the most cost effective.

Personal, one on one, training is the most effective and efficient since it focuses solely on your personal fitness needs.

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