



Offensive V's Defensive

"I'm going through a phase where I feel like I'm training the sake of training with no goals, direction, purpose or focus"

^ We will all find ourselves here at different points in our fitness journey.

If we zoom out and look at our fitness journey over the long term, we will all spend varying amounts of time in both an OFFENSIVE and DEFENSIVE positions.

Offensive = moving forward towards a specific goal eg getting stronger & fitter / losing body fat

Defensive = working to maintain current strength, fitness and body fat or even to slow regression in those areas

Lets look at two different scenarios:

Scenario 1: Lets say you have a holiday in 12 weeks or you have a 10k race booked in 3 months and you're generally on-top & in control of other areas in your life

You will be motivated to be in an Offensive mindset and you will naturally be more aggressive with your training, make bigger sacrifices with your nutrition and be on top of your lifestyle habits in order to move forward towards that goal.

Scenario 2: Work is really busy, you have lots of social events on and just don't have the headspace or motivation to be 'Smashing it' in that Offensive mindset.

There will be plenty of time spent in scenario 2 if you look over the long term, more so for the average person than in Scenario 1.

These times come when, for example, work is really busy, or we have lots of social events on and we just don't have the headspace or motivation to be 'Smashing it' in that Offensive mindset.

The issue being that people commonly have an expectation from themselves that they should be "100%, 100% of the time" and so when they have that busy or stressful period where they need to be on the Defensive, they feel guilty for not actually making progress.

Our actions when we are on the Offensive look after themselves, as we have that extra focus and motivation needed to push forward PLUS you can use the resources in the Members Site I.e. the 28 Day Challenge Programme and the Members Resource Vault stuff

(To log in go to www.rmfitness.co.uk and the password is RMFmanchester)

However, the real issue that can really derail people presents itself when in the 'Defensive' mode (if we are not self aware).

This is purely due to feeling guilty that we are not doing MORE!!

"I know, I'm busy AF, Stressed out, let's add MORE to my plate by training more often and harder and trying to lose loads of body fat" !!

So when you are in that busy period in your life what can you do?

Here are 3 Pro-Active Steps:

1) Acceptance

Start by accepting this is maybe not the best time to be pushing forward hard.

2) Review Schedule & Plan

From there review your schedule and map out what you have on and then when you are going to draw a line i.e if in July and August you have a holiday, lots of nights out and BBQ's but things calm down in September - note this in your diary that you will get back on the Offensive in September

3) Set your Minimum Standard

So you don't do maximum damage and see a huge regression in this busy period, set your Minimum Standard by asking yourself; what is the minimal effective dose to defend your current position?

This might be:

- 3 x Training sessions a week
- Eat well between events and enjoy myself
- Keep active/ steps high

That's it.

It's tough when there isn't always a massive goal / purpose but maintenance is the missing link for most people when we zoom out and look at their fitness journey over years rather than just 12 weeks and can actually be a good target to have and can mean going on the offensive doesn't start by playing catch up.

#DEMANDMOREOFYOURSELF