

THE COMPANY YOU KEEP WHEN YOU'RE TRAINING

By Richard Bell

They say you can tell a lot about a person by the company he or she keeps. If you associate with positive, motivated, driven people it can only rub off on you and make you more successful in anything you do. If your running buddies are nothing more than a bunch of degenerates, that pretty much says you're a degenerate or will end up one. Your training partners are a reflection of you in much the same way that friends are. If you want to get bigger, stronger, and faster, you had better surround yourself with people who want to do the same.

The amount of work that goes into being a superstar athlete or world-class lifter is enormous. It requires dedication, discipline, and desire in massive quantities. If the people you train with do not share these same qualities or have the same passion to excel as you do, you must get rid of them immediately. When you show up at the weight room ready to bust your hump, your training partner should be ready to do the same. As an athlete who wants to be the best, you should go to the gym with a specific goal in mind for every workout. While some people may be there to socialize or find a date for the weekend, you are there to work hard and take the next step towards greatness. That will be a lot easier to do if you have training partners with the same goals as you.

For all you athletes in high school, it's important to remember that the hour you spend in the weight room should prepare you for what you will face in a game situation. Your gym time, like your life, is a timeframe ideally devoted to the pursuit of personal achievement. In other words, success shouldn't be dependent upon reincarnation. By applying time management principles to your workouts, not only do you get better results, but you also have more time and energy for the rest of your life.

Every Tuesday and Friday I have the pleasure of working with three women who have been in my camp for about three years now, and if you ever had to work out with several people at once, then you know when I say you must be organized. When they show up, they know exactly what I want from them as far as intensity goes. What I love most about the three of them is the chemistry they have — always pushing each other, up to the final minute of the training hour. When one partner is feeling a little low energy, the other two will pick her up and push her through the session for the day.

So in conclusion, surrounding yourself with people who share your goals is the way to go if you want to reach your fitness and athletic desires.