

# WINTER

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off some steam. Regardless of your personal preference, this provides an opportunity to truly focus on aspects of your fitness that may not get addressed in your standard gallivanting up mountains, down rivers or through the woods in the summer months.

One of the best ways to figure out how to improve your performance is to find what you are lacking or frustrated with. Do you find your bike sprints up hills set you back? Arms first to fatigue when climbing?

Two important training principles to keep in mind are specificity and progressive overload. Basically, the way you train will result in benefits in that way (you can't expect to train for a marathon using a stress ball), and as your body adapts, more is required to continue adapting. This is the process of running farther over time or

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Submitted photo

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