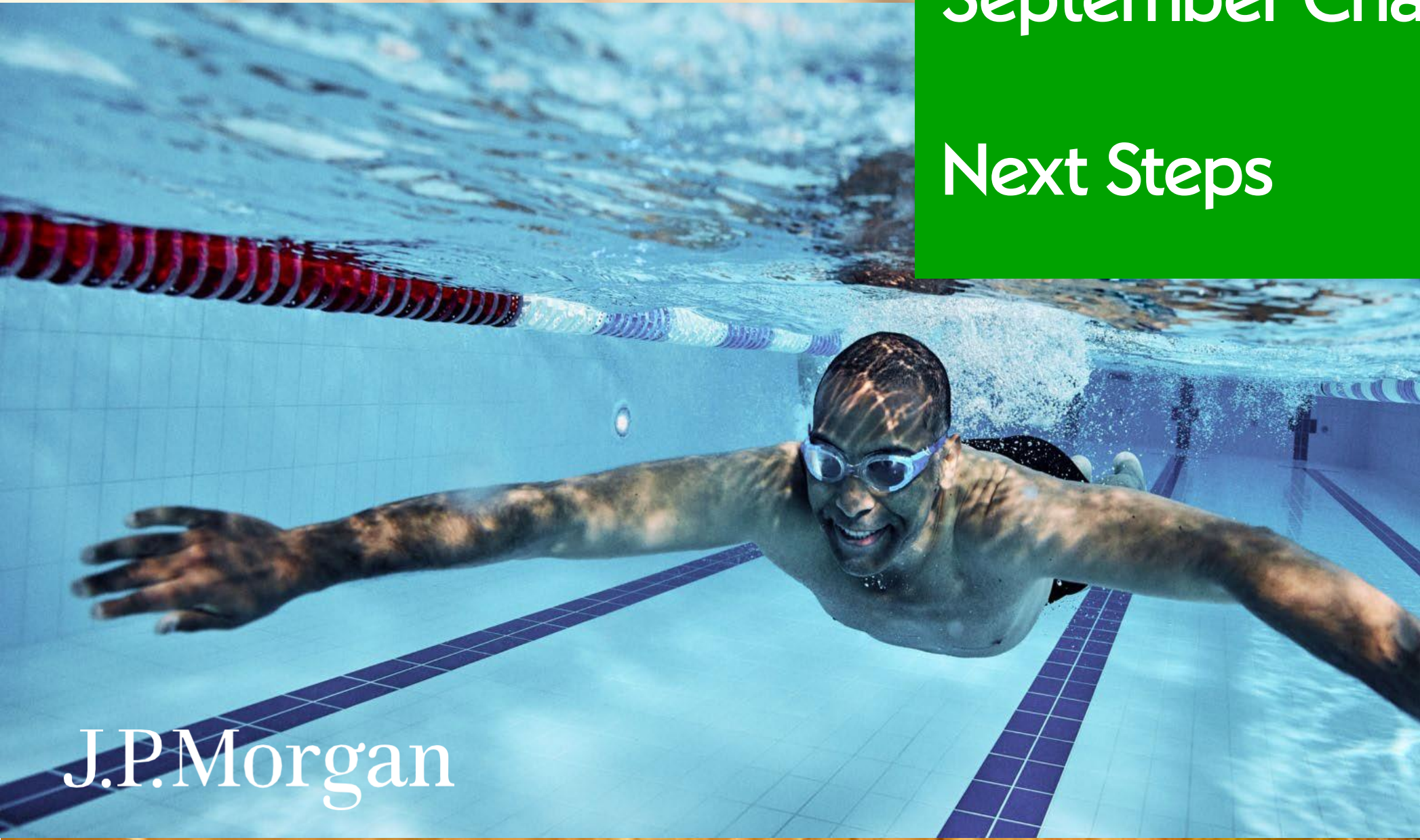




# The JPMorgan 'Desk to' September Challenge

## Next Steps





# What next?

## Rest up, but not for too long...

Take some rest, but set a timeframe! Taking some days or even weeks off post challenge will be helpful to recharge the batteries and refresh the mind. The body needs rest and recuperation after training and putting together a block of multiple weeks or months will build the body up, but also if rest isn't factored in, also begin to break the body down. Taking some days to rest will help this process and also help the body to adapt to the training you have been completing. The mind will also need to take a break and refresh after training. It will need to focus on other things to prevent you from becoming demotivated and giving up completely.

The tricky thing is deciding how many days or weeks to take off. Much of this will depend on how long you have been training for and how intense the training was, coupled with this, how much did the training take out of you physically and mentally. Just like scheduling in rest days during a training week you will need to schedule in rest days after a block of training. The key to this is not overdoing the time off. The body forgets very quickly and old habits can resurface if you let them, so by all means rest and recover but make sure you set a timeframe for when you get back into training.

During your downtime it can be helpful to continue with a mobility and flexibility programme. Stretching and foam rolling can help to stretch and mobility muscles and joints so they don't become stiff and sore. The physical demand will be minimal but the benefits can be huge. Why not treat yourself to a sports massage, benefits include reduced muscle soreness, breakdown and realignment of scar tissue and reduced stress and tension.

Scan the QR code to find your local sports massage service.



# What is the next challenge?

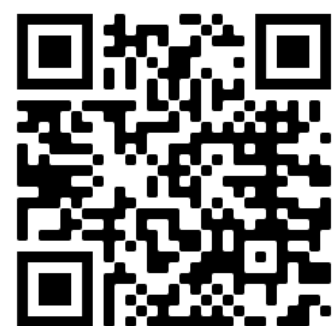
## Set a new goal

Your time off whether it be a couple of days or a week or even two weeks is a great time to think on your achievements, but also think about what the next goal is.

By setting a new goal as soon as possible you reduce the risk of slipping back into old habits and going back to where you started. A new goal will help you continue up the path you have been working along and take you to your next level. The goal can be similar to your previous goal or it can be completely different taking you in a different direction, either way by setting it during your time off you can come back refreshed and re-motivated!

If you are struggling to think of a new challenge remember there are three other 'Desk to' challenges available for you to complete, so whether you walked, ran, swam or cycled your next challenge could already be written!

For more content on goal setting scan the QR code.



# Remembering lessons learned

## Applying what you have learned

No training plan is perfect for everyone, and no block of training will go perfectly. During a fitness journey there will be many ups and downs with plenty of bumps in the road.

It is important for you to reflect on what went well during the challenge and what didn't go so well. This will help you plan your next block of training and avoid mistakes which may have led to a lack of progress or even injury. Always remember just because you finished your last block of training on a high, the body may well have lost some fitness during your time off, so planning will be important to easing the mind and body back into exercise and begin to rebuild your fitness.

A carefully structured training plan will look to progressively overload the body so you continue to improve week by week, day by day, and session by session. So remember lessons learned from each previous block of training and this will help to springboard you into your next challenge!

Scan the QR code for a reminder on how to stick to new habits.



Scan for some workout inspiration.

