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Fit 4 Ever: Training Day

One of the reasons Olympic athletes are so successful is that they are constantly training for an event. They spend most of their lives training for future competition. In fact, most athletes spend more than 90 percent of their time training for competition and less than 10 percent actually competing.

They train with tremendous focus and purpose because every day is important. Missed workouts are not an option. They have a goal in sight, which serves as a motivator and constant reminder that they need to stay on track if they are going to have future success.



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