

Hi everyone! This is Charles Miske with Summit Success Training.

A few weeks ago I posted a survey and asked all of the readers of my blogs, the subscribers to my email lists, and the followers of my pages on Facebook and Twitter to participate.

And now, a few weeks later, here I am reviewing the results so that I can decide what types of webinars, articles, and podcasts would do you all the most good. Here I'm going to share the results with you so that you can offer your own suggestions, as well as opinions if yours differ from my survey participants.

First of all, of the eight options to answer the question "What's Broken in Your Training" not a single one went unselected. That's right. I hit the nail pretty much on the head with my options. Of course, I've been consulting several different people for several years now, so I did have a pretty good idea what kinds of issues people would have in their own training success.

I'm just a little bit surprised by a few of the positions in the Top 8 Broken Training Issues. I'm going to start with the apparently least problematic and work my way up to the most troublesome Broken Training Issue. Here goes.

A big surprise to me, with only 3% of the vote, was Running Skills. I'm really surprised, since I have a lot of the followers of my Seven Summits Body and my Twitter accounts who are avid runners. Marathon and Ultra Trail Runners. I suppose this means they have a handle on it and don't have any problems?

Next, sharing a little less than 10% each, we have Weight Training Skills, Cardio Skills, and Eating Healthy. Based on the types of questions I usually get, I expected more people to have issues with Eating Healthy. I'm also really glad that I've posted so many articles and videos about Weight and

Cardio Training to help these people. I hope these videos do this group a lot of good. Stay tuned for more coming soon.

Next, sharing about 15% of the vote is Finding Time to Train and Training for a Goal. Time is an issue I've written about in several articles, and there's a whole chapter on it in my soon to be released book - Summit Success: Training for Hiking, Mountaineering, and Peak Bagging. It's really important and I think I'll do a webinar on it. Keep your eyes open for the announcement coming up pretty quick.

Training for a Goal could be a whole series of webinars, and if anyone is interested let me know. I'd love to put something together at a really good price just for my favorite groups here on Facebook and my Blogs.

Second to the most troublesome issue, at 20% is Getting it Done Every Day. Yeah! Get it done every day. Is there anyone out there besides me who has gotten so into the groove that it's a lot harder to not get it done every day? If I miss a day of training I start freaking out. Seriously. Ask my family. But I wasn't always like that. I will share my own journey with you before too long in a Webinar and let you in on some secrets that I developed and borrowed that will get you past that problem. It will take some work, and it won't come easy. But then is anything ever really easy that is so totally worth it?

And now. The most Broken Training issue of the lot, with nearly 25% of the vote, is Training Hard Enough. Yep. Training Hard Enough. I can totally dig that. I struggle with that off and on myself. For me it's some old injuries that come back to haunt me. In the comment box I got some comments about injuries, illnesses and other medical limitations. Aside from that though, a lot of it is in the mind. Probably the rest of it is knowing what Hard Enough even means. I like a volume approach and I'm going to crank out a Webinar explaining it for those of you, approximately 1/4 of you it appears, who have that problem and want to know what they need to do to get past it.

So there you go. I'm really glad for all the wonderful responses I got. For all the excellent comments beyond the checkboxes. And for all of you who are subscribers to my mailing list. I especially want to thank you because you get to see everything first - all the time. Remember, Facebook only shares with you about a third of everything I post, so signing up for my mailing list lets you get all the news all the time.

If you want more info on Mountaineering Training, or if you want information on how to Lose Weight While Gaining Muscle, check out my website SevenSummitsBody.com and click the link below the top picture for Newsletter to receive my emails and we'll get you started. If success and goals is more your thing, then check out my new site SummitSuccessTraining.com and get on that email list. I have some really exciting stuff coming out of that one.

Now. When I have these Webinars prepared, based on the results of this survey, I'll be letting those mailing lists know first, and right now all of my Webinars are limited to the first 25 attendees, so you need to be fast for these. I think they'll fill up quickly. I might be able to record them and post them for viewing later by those that didn't get to attend, but you don't get to ask questions live that way. I don't know. If they fill up too fast maybe I can do two sessions?

So anyway. I need to remind all of you that on some of these survey forms there was an option to register for a contest to win a copy of my upcoming Mountaineering and Hiking Fitness Book that I mentioned previously when it's published. That should be just a few weeks from now. So stay tuned for the drawing. I'd love to get a bunch of these shipped out to you first thing they're available.

Newsletter Subscription Here -> <http://wp.me/p4jdMn-mA>

So thanks again everyone, and I hope you feel you can contact me anytime and ask me your questions. I'd love to help you achieve all of your goals in fitness, training, and fat loss. I want you to succeed. Nothing could make me happier right now than getting an email from you telling me that our goals and programs all worked out according to our dreams. Let's work together to get it done.