



## 7 TRICKS TO WAKING UP EARLIER

1. **Get up just one minute earlier each day.** Instead of trying to go from a 6:30am wake up to a 5:00am wake up in one shot, set your alarm clock to get up one minute earlier tomorrow. The next day, one minute earlier, and so on.
2. **Coordinate an early morning workout with someone.** Get a friend to meet you for that early workout. You will feel less compelled to hit the snooze knowing your friend is at the track waiting for you to run. You could also join a group workout. Many masters swim teams have early morning practices. Knowing others are there getting in their workout is sometimes enough motivation to throw off the covers and joining them.
3. **Set things up the night before.** If you're planning on a run, set your clothes out and put your shoes by the door. This saves you the time of trying to put things together in the morning. If you have a tendency to hit the snooze, move your alarm clock on the other side of the room. Make a light breakfast the night before or set everything up to make breakfast so it is simple and fast in the morning.
4. **Troubleshoot your current routine.** Figure out what is stopping you from getting up early now. Is it because you didn't go to bed early enough the night before? Is it because no one (including yourself) is holding you accountable? Whatever it is, take steps to solve that issue so that you cannot use it as an excuse.
5. **Give yourself an irresistible reason to wake up early.** Maybe you don't particularly enjoy swimming, but your masters swim group is in the morning. Start to look forward to the friendships that are made in the pool or seeing your super awesome swim coach. 😊 If it's hard to even just get out of bed, maybe you could prepare your favorite special coffee or smoothie when you wake up to give you added incentive.
6. **Track your progress.** This is as simple as getting a calendar and crossing out the days you have gotten up early. Keeping the calendar somewhere you see it often can be a constant reminder of your goal to start waking up earlier.
7. **Believe you are a morning person.** If you currently struggle to wake up early and consider yourself "not a morning person", it will be very hard to make the change to being a morning person. Change your mindset and know that getting up early will help you fit in all your workouts and that you ARE a morning person. It will take a few weeks, but with some practice and consistency, you will be getting up early regularly to get in your workouts.