

A Morning Hater's Guide to Morning Workouts

Morning workout people are insufferable. They wake up at 5am without an alarm, effortlessly bounce out of bed, and somehow have energy to deadlift 200lbs before sunrise and still have the presence of mind to post about it on Instagram with captions like "earned my sunrise."



And yet, sometimes, it might be necessary to become one. It's not your fault. Sometimes that's the only time you get to take care of yourself, or you're compelled by some health issue. So if you're not one of those people but need to become one anyway, welcome to the struggle.

Here's how to make morning workouts happen when every fiber of your being wants to stay in bed.

Accept That You'll Hate It For a While

First things first, you need to come to terms with the fact that the first two weeks are going to suck. You're fighting your natural sleep cycle and the reasonable human instinct to avoid physical exertion before coffee.

But let's be realistic here. The people who say this gets easier quickly are lying. Yes, your body will adapt, but it takes time. Most people are still cursing their alarm at week three and that's completely normal. The goal isn't to love it, just to tolerate it and keep showing up until it stops feeling like torture.

Remove Every Possible Decision

When that alarm rings at 5:30 am your brain will start generating the most convincing arguments you've ever heard for why today should be a rest day. So instead of running the risk of making the wrong decision when the time comes, let's remove the decision making altogether.

Lay out your workout clothes the night before. All of it. Some people sleep in their workout clothes, which sounds insane until you try it and realize it saves A LOT of time and effort.

Some other tricks are commonplace but still effective. Stuff like setting up your coffee maker to auto-brew, moving your phone or alarm clock to the other side of the room or putting your water bottle where you'll trip over it. Make the path from bed to workout frictionless.

Start Embarrassingly Small

The biggest mistake is trying to replicate your normal workout at 6am when you've never trained in the morning. Start with a 15 minute workout that you can complete even when half asleep. Consistency is more important than intensity here.

Then as you build that habit, you can increase intensity until you can comfortably do a full workout. And yes, this goes against every fitness influencer's advice, but you can ignore them on this. They're already morning people.

Caffeine

Coffee before a morning workout is fine. Coffee instead of sleep is not. If you're staying up until midnight and compensating that with caffeine at 5am, you're just running on stimulants and spite which is not as good a fuel as advertised.

Moderate caffeine timed correctly works better. The safest bet is around 130mg about 30 minutes before training gives you enough energy without the jittery nightmare of high-dose pre-workout at dawn.

That's what mōcean™ handles better than most traditional energy drinks loaded with sugar and excessive caffeine out there. You're trying to feel awake enough to exercise, not simulate a heart attack.

Put Money On It

An accountability that's been used ever since gym memberships became a thing is financial pain. Sign up for a class you'll lose money on if you skip or book a session with a trainer. That way, the thought of wasting \$30 will get you out of bed quicker than any motivational self talk.

Free YouTube workouts at home sound great, and they are, but the fact they're so easily accessible take away any stakes or urgency. When you know skipping has consequences, you're less likely to do it.

The Alarm

We mentioned this in passing, but it's worth focusing on that a bit. Putting your alarm across the room is one of those things everyone says, and we get that nobody wants to do it. That being said, do it anyway. The thirty seconds it takes to walk across the room is enough time for your brain to start functioning.

Some people (brave ones) set multiple alarms. The first gives you ten minutes to accept consciousness. The second means you actually move. Excessive? Probably. Effective? For some people, yes.

The worst strategy is keeping your alarm next to your bed and trusting willpower. Your half-asleep lizard brain will rationalize anything.

When It Actually Gets Easier

Somewhere between week three and week six, your body starts waking up before the alarm and the workout stops feeling like you're moving through concrete. This doesn't mean you'll love it, but at least it stops being a fight every morning. The habit becomes automatic. Your body adjusts.

Morning workouts work because they happen before anything else can interfere. No late meetings, no happy hours, no exhaustion from a ten-hour day. You do it first, then move on with your life.

The question isn't whether you're a morning person. The question is whether you're willing to become someone who trains in the morning anyway.

mōcean™ is a functional energy drink with moderate caffeine and Eastern botanicals. Built for sustained energy without the crash. Perfect for early morning workouts when you need to feel human before sunrise. Learn more at drinkmocean.energy.

Sources:

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5. Enlightened Spoon - "14 Ways 'Not a Morning Person' Can Get Into a Morning Fitness Routine" (2019)