

FOCUS T25 & RUNNING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Cardio	5 minutes light walking - then alternate 60 seconds of jogging with 90 seconds of walking for 25 minutes total	Total Body Circuit	5 minutes light walking - then alternate 60 seconds of jogging with 90 seconds of walking for 25 minutes total	Speed 1.0 Ab Intervals	5 minutes light walking - then alternate 60 seconds of jogging with 90 seconds of walking for 25 minutes total	OFF
WEEK 2	Lower Focus	5 minutes light walking - then alternate 90 seconds of jogging with 90 seconds of walking for 25 minutes total	Cardio	5 minutes light walking - then alternate 90 seconds of jogging with 90 seconds of walking for 25 minutes total	Total Body Circuit Ab Intervals	5 minutes light walking - then alternate 90 seconds of jogging with 90 seconds of walking for 25 minutes total	OFF
WEEK 3	Speed 1.0	5 minutes light walking - then alternate 150 seconds of jogging with 90 seconds of walking for 25 minutes total	Lower Focus	5 minutes light walking - then alternate 150 seconds of jogging with 90 seconds of walking for 25 minutes total	Cardio Ab Intervals	5 minutes light walking - then alternate 150 seconds of jogging with 90 seconds of walking for 25 minutes total	OFF
WEEK 4	Total Body Circuit	5 minutes light walking - then alternate 3 minutes of jogging with 3 minutes of walking for 25 minutes total	Speed 1.0	5 minutes light walking - then alternate 3 minutes of jogging with 3 minutes of walking for 25 minutes total	Lower Focus Ab Intervals	5 minutes light walking - then alternate 3 minutes of jogging with 3 minutes of walking for 25 minutes total	OFF
WEEK 5	Cardio	5 minutes light walking - then alternate 4 minutes of jogging with 3 minutes of walking for 25 minutes total	Total Body Circuit	5 minutes light walking - then alternate 4 minutes of jogging with 3 minutes of walking for 25 minutes total	Speed 1.0 Ab Intervals	5 minutes light walking - then alternate 4 minutes of jogging with 3 minutes of walking for 25 minutes total	OFF
WEEK 6	Core Cardio	5 minutes light walking - then alternate 5 minutes of jogging with 2 minutes of walking for 25 minutes total	Rip-t Circuit	5 minutes light walking - then alternate 5 minutes of jogging with 2 minutes of walking for 25 minutes total	Speed 2.0 Dynamic Core	5 minutes light walking - then alternate 5 minutes of jogging with 2 minutes of walking for 25 minutes total	OFF
WEEK 7	Upper Focus	5 minutes light walking - then alternate 7 minutes of jogging with 2 minutes of walking for 25 minutes total	Core Cardio	5 minutes light walking - then alternate 7 minutes of jogging with 2 minutes of walking for 25 minutes total	Rip-T Circuit Dynamic Core	5 minutes light walking - then alternate 7 minutes of jogging with 2 minutes of walking for 25 minutes total	OFF
WEEK 8	Speed 2.0	5 minutes light walking - then alternate 8 minutes of jogging with 2 minutes of walking for 25 minutes total	Upper Focus	5 minutes light walking - then alternate 10 minutes of jogging with 2 minutes of walking for 25 minutes total	Core Cardio Dynamic Core	5 minutes light walking - then alternate 14 minutes of jogging with 1 minutes of walking for 30 minutes total	OFF
WEEK 9	Rip-t Circuit	5 minutes light walking - then 20 minutes of jogging	Speed 2.0	5 minutes light walking - then 24 minutes of jogging	Upper Focus Dynamic Core	5 minutes light walking - then 27 minutes of jogging	OFF
WEEK 10	Core Cardio	5 minutes light walking - then 30 minutes of jogging	Rip-t Circuit	5 minutes light walking - then 30 minutes of jogging	Speed 2.0 Dynamic Core	5 minutes light walking - then 30 minutes of jogging	OFF

Focus T25 Nutrition Guide

Jamie A. Cooper

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Focus T25 Nutrition Guide:

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Bell-Wilson,2009-03-23 Get the Energy Boost to Power Your Performance Every day Whether you re a serious athlete a weekend warrior or an active person constantly on the go proper nutrition can help you optimize your performance and reach your goals This accessible guide equips you with the most current science based sports nutrition information and tools available to help you maximize your energy and your results First the book lays out the foundation of healthy eating by explaining the role of carbohydrates protein and fats in a performance diet It helps you energize with pre competition meals guidance on what to eat and drink during exercise and post competition nutrition for optimal recovery You ll also find a complete 14 day diet plan to help you start fulfilling your energy requirements right away Energy to Burn also gives you An Energy Quotient quiz to see how you re doing right now Information on how to determine reach and maintain your best body weight The lowdown on supplements and energy bars A look at professional athletes kitchens and the foods they can t live without

Healthy Crossfit Diet Cookbook Emily Robert,2020-08-13 Wh n t m to Cr F t tr n ng ur d t is important if n t more m rt nt for reaching ur f tn g l Th hum n b d n d xtr rd n r things when u mb n m rt tr n ng nd und nutr t n l choices C nv r l v n th h rd t Cr F t sessions w n t h l u l weight g n mu l r g t fitter f ur d t on nt E ll when it m t appearance d t plays a significant role n how u l k nd h w u f l in the g m But d t is a m l t d t nd a l t f wh t available online written w th ult r r m t v n m nd l k S gn u f r m nutr t n un l ng In th f tn w rld d t a tr k subject W ll cover several topics n this gu d but here th g l t help v r ur bases regarding nutr t n H r r m guidelines f r a good CrossFit d t M t ur l r needs If u r r gul rl getting ft r t n th gym you ll n d t t m r l r than a n rm l person N t t ng n ugh calories m l d t n t l weight l but v ntu ll w ll lead t a l t u nd d r in n rg Proper split f macronutrients T nk r with ur carbohydrate r t n and f t intake until u f nd a b l n that boosts rf rm n Adequate nt k of m r nutr nt E nt l v t m n and m n r l th t h l ur b d fun t n nd t healthy Aligned t ur g l Depending on ur x r n nd g l ur d t should unt f r wh t u d like t achieve weight l b tt r rf rm n u l f for a rt n Cr F t m t t n t

Step by Step Guide to the Vertical Diet Dr. W. Ness,2019-10-27 Step by Step Guide to the Vertical Diet A Beginners Guide and 7 Day Meal Plan for the Vertical Diet is a comprehensive guidebook and meal plan for those wanting to utilize the weight management and maintenance potentials of the Vertical Diet A must read for anyone concerned about how to calculate nutrient requirements what their required macros are what foods they should be eating how they can cook healthy meals and still manage their body weight on this revolutionary diet Inside this in depth vertical diet guide you will discover What the Vertical Diet is How the Vertical Diet Works What Foods You Can Eat on the Vertical Diet What Foods You Should Avoid on the Vertical Diet Health Benefits of Following the Vertical Diet A Full 7 Day Vertical Diet Meal Plan How Balanced Nutrition can Help with Weight Management And so Much More Step by Step Guide to the Vertical Diet A Beginners Guide and 7 Day Meal Plan for the Vertical Diet really is a must have to help you understand the what why and how of the incredible vertical diet and to help you manage your body weight following this amazing diet tailored to your specific dietary needs and requirements allowing you to maintain and manage your body weight long term

FoxFit Macro Nutrition Guide Russell Fox,2016-04-07 FoxFit

Macro Nutrition Guide is packed full of example meal plans from 1250kcal up to 3000kcal per day Includes everything you need from Low Carb up to High Carb nutrition plans as well as an introduction to carb cycling for fat loss and carb cycling to gain lean muscle *The Ultimate Guide to Post-Workout Nutrition: Workout recovery made easy* Fitness Massive,2022-12-05

What you eat after a workout is just as important as what you eat before a workout Find out the best post workout foods to refuel and recover your body When it comes to exercise what you do before and after your workout is just as important as the workout itself Many people make the mistake of thinking that all they need to do is exercise and then they can eat whatever they want But if you really want to see results you need to focus on both your pre workout nutrition and your post workout nutrition What you eat after a workout is crucial for recovery Your muscles are depleted of glycogen the storage form of carbohydrate after a tough workout so it s important to refuel with carbohydrates and protein as soon as possible Protein is essential for muscle repair and growth while carbs help replenish energy stores in the body **Complete**

Guide to the New American Plate Diet Dr. Emma Tyler,2025-07-06 In her new book Complete Guide to the New American Plate Diet A Beginners Guide 7 Day Meal Plan for Weight Loss Dr Emma Tyler breaks down the New American Plate Diet into a simple to understand and easy to follow weight loss and healthy eating plan that anyone can use to lose additional body weight and improve their overall health and wellness Inside her weight loss guide Emma will teach you about the following aspects of the New American Plate Diet What the New American Plate Diet is Major Health Benefits of Following the New American Plate Diet What Foods Should be Eaten when Following the New American Plate Diet What Foods Should be Avoided or Minimized on the New American Plate Diet A Simple Nutritious 7 Day New American Plate Diet Meal Plan How to Grocery Shop to Lose Weight How Exercise can Increase Weight Loss with the New American Plate Diet Lifestyle Benefits of Losing Weight on the New American Plate Diet Plus so much more Let Emma help you take control of your weight and guide you through the process of losing extra pounds and maintaining your body weight by using the tried and tested New American Plate Diet and its easy to follow eating plan to improve your quality of life in as little as just 2 weeks **Fit from**

the Inside Out: A Nutrition Guide for Digital Working People S.IDEA, *Running Doc's Guide to Healthy Eating* Lewis G. Maharam,2020-04-28 An easily implemented sports nutrition program for the weekend warrior the Olympic athlete and everyone in between from one of the country s most respected experts in sports medicine In Running Doc s Guide to Healthy Eating readers will discover Dr Lewis G Maharam s unique Fueling Plates Program Developed in 2012 it has helped countless sofa spuds who really just want to get off the couch and lose weight marathoners competing for a place at the Olympic trials and everyone in between including recreational athletes who play tennis soccer basketball and other running sports The Fueling Plates Program is designed primarily to boost the performance of athletes but can also boost the health of the average person athletic or not Every day at Maharam s busy New York City practice in addition to treating sports injuries he offers his patients nutritional advice They ask him When should I eat before the marathon Do I really need to drink eight

glasses of water a day What about sports drinks Should I use energy gels Gingko Glucosamine Raspberry ketones The questions come because the bulk of the sports nutrition books on the market today make fueling your body sound like a scientific experiment The Running Doc's Guide to Healthy Eating explains why it's time to ditch the difficult to use food pyramid put out by the USDA in favor of a hands on experience of your actual plate what Maharam calls Fueling Plates It shows step by step how readers can apply the program to feel and perform better and have more energy Those who are already exercising will get faster by eating to fuel their body more efficiently Even everyday activities become easier with the Fueling Plates Program Readers who are willing to take advantage of everything revealed in the book from what to eat to reduce muscle soreness after exercising to how much to drink to be hydrated properly to an individualized nutrition program will transform their lives

Sports Nutrition MARCUS ALTUVE, Sports Nutrition Maximize Energy Recovery and Strength with Smart Eating is your ultimate guide to fueling athletic performance through science backed nutrition Whether you're a beginner amateur athlete or fitness enthusiast this book will teach you how to eat with purpose train with power and recover like a pro Inside this essential guide you'll discover The fundamentals of sports nutrition and how it impacts your performance How to build balanced meals for energy endurance and muscle growth The best macronutrient ratios for your goals carbs proteins and fats explained Hydration strategies and pre post workout meals that truly make a difference The role of supplements which ones help which to avoid Sample meal plans and recipes for different types of training How to time your nutrition for optimal results With practical tips real world examples and expert insights this book makes it easy to create a personalized nutrition plan that supports your athletic goals and keeps your body performing at its best Train harder Recover faster Eat smarter Sports nutrition isn't just fuel it's your competitive advantage

The NO-NONSENSE GUIDE to FITNESS NUTRITION: Best Diet Plan for Weight Loss, Muscles Gain Wahiba Choubai, 2021-05-06 What if I told you that you can design an entire diet plan on your own to achieve your fitness goals Unbelievable right This guide will show you how you can do it I bet you are familiar with the most basic principles of general nutrition but what about fitness nutrition Well This one is a little bit different and if you are someone who exercises on a regular basis you have an obligation to understand how nutrition affects your fitness goals and results Here's what you'll find in this book Learn the very basics of nutrition What are calories what are proteins what is fat And what are carbs Discover which foods contain good fats and lean protein that could benefit your body Determine what your meal frequency and caloric intake should be Know what to eat before after every workout Believe me this guide will get you covered no matter what your goal is With the knowledge you will gain from this book you will be on your way to getting the amazing body that you want

Fuel to Perform Andrew Moran, 2025-01-08 Fuel to Perform The Ultimate Sports Nutrition Guide for Athletes of All Levels is your essential resource for fueling an active lifestyle Whether you're an athlete or a fitness enthusiast this book offers practical advice on how to optimize your nutrition for enhanced performance sustained energy and effective recovery Inside you'll find easy to follow tips on meal planning

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