

# 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 Review

**Michael Hoelscher**



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When it comes to CrossFit training your diet is important if not more important for reaching your goals. The human body needs the right things when you begin your training and your nutritional choices can vary in the hours of your CrossFit sessions with the usual weight gain multiplier that fitter individuals find when it comes to appearance diet plays a significant role in how you look and how you feel in the gym. But diet is a matter of what is available online written with the utmost care and attention. Sign up for a nutrition newsletter. In the fitness world diet is a tricky subject. We'll cover several topics in this guide but here they'll help you understand your bases regarding nutrition. Here are some guidelines for a good CrossFit diet. Most of your needs if you're getting fit in the gym you'll need to eat more than an average person. Not getting enough calories will do you no good but you'll lead to a lot of trouble in the long run. Properly split your macronutrients. Think about your carbohydrate intake and fat intake until you find a balance that boosts your performance. Adequate intake of your nutrients is essential for your health and your overall well-being. Aligned together. Depending on your exercise routine your diet should be different from what you'd like to achieve. Weight loss is a different matter for a CrossFit enthusiast.      *Motives Nutrition Guide* Mia Louis,2020-08-26

This nutrition guide is just what you need to help you get in shape or stay in shape. Written by a gym owner, wellness expert, and nurse practitioner, it lays out simple but effective approaches to making changes to your diet to improve your health and overall well-being. It includes a 30-day meal plan, grocery list, tips on how to stay motivated during your journey, nutrition basics, reading food labels, recipes, and so much more. This book is straight to the point and teaches you what you need to know, information with no fluff. It's a quick read and has valuable information you can start using today.

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