

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

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Gene Daoust, Joyce Daoust

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Time Restricted Eating Mary Golanna, 2023-01-14 Time restricted eating TRE has been gaining serious momentum since Michael Moseley's documentary on the subject was aired by the BBC in 2013 TRE is not a diet it isn't about counting calories or even completely cutting out certain food groups It is a way of scheduling your eating to maximize fat loss while still enjoying delicious food It works like this You pick an eating window for the day usually anywhere from four to eight hours and eat all your meals within that period After closing up shop at the end of the day you don't allow yourself anything else to eat for the rest of the day Some people choose to fast through breakfast but this is not required with TRE Many proponents of TRE are surprised that their fat loss increases when they stop obsessing over what to eat all the time They also experience an increase in energy during their daily workouts and throughout the day as well as better sleep As a bonus eating frequently throughout the day keeps you fuller for longer since your body is constantly digesting food It can be hard to adjust to this new way of eating at first but it doesn't take long to get into a rhythm especially when you have a meal plan and recipes ready to go In this guide you will learn how to eat in a window of time that works for you and how to make sure your workouts are as effective as possible In this beginner's guide you will discover The main principles of TRE Benefits of TRE for women How to implement TRE Sample meal plans for full and restricted days A list of recipes that are quick and easy to make

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 Beginner's 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

[The Ultimate Macro Diet Cookbook for Beginners](#) Michele Pham,2021-08 **The Complete Macro Diet Cookbook for Beginners** Michele Pham,2021-05-15 1000 Days Easy Healthy Recipes and 4 Weeks Meal Plan to Help You Burn Fat Quickly Macro diet can help you optimize the intake of these macro nutrients which will help you achieve good health Macro Diet has grown in popularity in recent years and people can eat any food that meets their daily macronutrient macro requirement Instead of just focusing on counting calories the focus is on counting and tracking macronutrients Some nutritionists believe that manipulating macronutrient intake can be helpful in helping people lose weight and meet their health and fitness goals The idea behind Macro Diet is quite simple instead of staying below a calorie limit focus on consuming a certain amount usually grams of macronutrients protein carbohydrates and fat Macro diet is great because it does not provide one size fits all formula Rather it offers a flexible diet plan which anyone can use according to his needs If a person is striving for weight loss he or she can minimize the intake of fat and carbs In this cookbook you will find Basics of Macro Diet Break down the basics of macro eating and why it works with clear instructions and helpful tips that make it possible to fit all foods into your lifestyle 1000 Days Easy Healthy Recipes All easy to make and very affordable starting with breakfast and ending with dinner including dishes for vegans and vegan eaters healthy drinks also included and the Cookbook guides you with a combination of recipes and detailed information 4 Weeks Meal Plan It will help you easily incorporate a macro diet into your lifestyle Whether your goal is to build muscle lose weight or just develop a healthier relationship with food this macro cookbook will set you on the right path This Cookbook gives you all you need to transform your body while eating what you love

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Complete Guide to the Chronotype Diet Dr. Emma Tyler, 2025-07-01 In her new book Complete Guide to the Chronotype Diet A Beginners Guide 7 Day Meal Plan for Weight Loss Dr Emma Tyler breaks down the Chronotype 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 regardless of whether they are a bear dolphin lion or wolf chronotype Inside her weight loss guide Emma will teach you about the following aspects of the Chronotype Diet What the Chronotype Diet is A Breakdown of the Four Chronotypes Major Health Benefits of Following the Chronotype Diet What Foods Should be Eaten when Following the Chronotype Diet What Foods Should be Avoided or Minimized on the Chronotype Diet A Simple Nutritious 7 Day Bear Chronotype Diet Meal Plan A Simple Nutritious 7 Day Dolphin Chronotype Diet Meal Plan A Simple Nutritious 7 Day Lion Chronotype Diet Meal Plan A Simple Nutritious 7 Day Wolf Chronotype Diet Meal Plan How to Grocery Shop to Lose Weight How Exercise can Increase Weight Loss with the Chronotype Diet Lifestyle Benefits of Losing Weight on the Chronotype 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 Chronotype Diet and its easy to follow eating plan to improve your quality of life in as little as just 2 weeks

Fitness Food Cookbook and Inspirational Nutrition Guide Tanya Lee, Tanya Lee Sheehan, 2005-12 Hundreds of one dish one serving meals that are under 15 minutes to prepare Fitness model and yoga practitioner Tanya Lee Sheehan presents her newest publication FITNESS FOOD where science meets nature In this book Tanya has developed a system of defining meals not only by calories protein carbohydrates fat and fiber BUT ALSO by the approximate element energies of earth water fire and air This book contains the best eating habits from ancient metaphysicians to fitness professionals and combines it with a love of life and awareness of the environment A massive collection of simple convenient healthy meals There isn't a fitness athlete out there who wouldn't get their money's worth Oxygen Magazine book review

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