

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

BM King



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Dynamic Nutrition for Maximum Performance Daniel Gastelu, Frederick C. Hatfield, 1997 A complete nutritional guide for peak sports performance [The Simplest Sport Nutrition Guide](#) Sergio Guzzardi, 2015-10-04 Boost your energy build muscle lose fat and improve your performance with this sports nutrition guide This first edition includes the latest research on hydration vitamins supplements energy drinks organic foods and balancing carbohydrate and protein intake for exercise and competition Hello I m Sergio Guzzardi I m a nutritionist a michelin starred Chef and a food photograph My desire to perform at an optimum level in all of my athletic endeavors started when I was young leading me to study food and nutrition I explored the culinary world and rose to the rank of Executive Chef at top world restaurant and hotels Due to these experiences and years spent traveling for the sake of food I spent time working with Whole Foods Market as a Healthy Eating Specialist educating customers on how to shop and cook I now published over 20 books dedicated to sharing everything I knows about food nutrition and cooking with all who want to know more for the betterment of themselves and the people that they love Thank you Sergio **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

The Complete Guide to Sports Nutrition Anita Bean, 2009-05-01 The definitive practical handbook to sports nutrition now in its sixth edition fully updated and revised

Beginner's Nutrition Guide Von Bailey, 2016-04-23 What is Nutrition Nutrition can be defined as the process of giving the body food that is required for proper health and growth Nutrition is nourishment for the body in the form of food From a scientific aspect nutrition is the science that refers to nutrients and nutrition within the human body Why is Nutrition Important Nutrition is essential for many different reasons The primary reason nutrition is important is because it is required for a balanced diet A balanced diet is needed for overall health and wellbeing Without nutrition the human body cannot function properly A wide range of foods are necessary to give the human body proper nutrition Here's a preview of what you'll be learning Nutrition for Athletes Nutrition for Teens Nutrition for Adults Good and Bad Carbohydrates and much much more

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Table of Contents Focus T25 Nutrition Guide

1. Understanding the eBook Focus T25 Nutrition Guide
 - The Rise of Digital Reading Focus T25 Nutrition Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Focus T25 Nutrition Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Focus T25 Nutrition Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Focus T25 Nutrition Guide
 - Personalized Recommendations
 - Focus T25 Nutrition Guide User Reviews and Ratings
 - Focus T25 Nutrition Guide and Bestseller Lists
5. Accessing Focus T25 Nutrition Guide Free and Paid eBooks

- Focus T25 Nutrition Guide Public Domain eBooks
 - Focus T25 Nutrition Guide eBook Subscription Services
 - Focus T25 Nutrition Guide Budget-Friendly Options
6. Navigating Focus T25 Nutrition Guide eBook Formats
- ePub, PDF, MOBI, and More
 - Focus T25 Nutrition Guide Compatibility with Devices
 - Focus T25 Nutrition Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Focus T25 Nutrition Guide
 - Highlighting and Note-Taking Focus T25 Nutrition Guide
 - Interactive Elements Focus T25 Nutrition Guide
8. Staying Engaged with Focus T25 Nutrition Guide
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Focus T25 Nutrition Guide
9. Balancing eBooks and Physical Books Focus T25 Nutrition Guide
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Focus T25 Nutrition Guide
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Focus T25 Nutrition Guide
- Setting Reading Goals Focus T25 Nutrition Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Focus T25 Nutrition Guide
- Fact-Checking eBook Content of Focus T25 Nutrition Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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