

# FOCUS T25 & RUNNING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Cardio	5 minutes light walking - then alternate 30 seconds of jogging with 30 seconds of walking for 25 minutes total	Total Body Circuit	5 minutes light walking - then alternate 30 seconds of jogging with 30 seconds of walking for 25 minutes total	Speed 1.0 Ab Intervals	5 minutes light walking - then alternate 30 seconds of jogging with 30 seconds of walking for 25 minutes total	OFF
WEEK 2	Lower Focus	5 minutes light walking - then alternate 30 seconds of jogging with 30 seconds of walking for 25 minutes total	Cardio	5 minutes light walking - then alternate 30 seconds of jogging with 30 seconds of walking for 25 minutes total	Total Body Circuit Ab Intervals	5 minutes light walking - then alternate 30 seconds of jogging with 30 seconds of walking for 25 minutes total	OFF
WEEK 3	Speed 1.0	5 minutes light walking - then alternate 30 seconds of jogging with 30 seconds of walking for 25 minutes total	Lower Focus	5 minutes light walking - then alternate 3:30 seconds of jogging with 30 seconds of walking for 25 minutes total	Cardio Ab Intervals	5 minutes light walking - then alternate 3:30 seconds of jogging with 30 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 8:30 minutes of jogging with 2 minutes of walking for 25 minutes total	Core Cardio Dynamic Core	5 minutes light walking - then alternate 8:30 minutes of jogging with 2 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

# Nutrition Guide For Focus T25

**Fitness Massive**

## **Nutrition Guide For Focus T25:**

*Bibliography of Agriculture* ,1964      **Chemical Contaminants and Residues in Food** D Schrenk,Alexander Cartus,2017-06-27 Chemical Contaminants and Residues in Food Second Edition is an invaluable tool for all industrial and academic researchers involved with food safety from industry professionals responsible for producing safe food to chemical analysts involved in testing the final products This updated edition is expanded to cover the latest research and emerging issues and has additional information useful for food safety testing Written by an international team of expert contributors this edition explores the entire food chain acting as a roadmap for further research Includes expanded coverage on risk assessment and testing technologies Presents fully updated chapters to provide the most up to date information in research on food chemical safety Provides new information on hot topic areas such as food additives mycotoxins nanomaterials and food contact materials      **Bibliography of Agriculture** ,1964      *Bibliography of Agriculture with Subject Index* ,1964

*Periodicals and Serials* University of Alaska (College). Library,1970      *Words on Cassette* ,1995      **Forthcoming Books** Rose Arny,2001-06      **The Ultimate Strength Training Nutrition Guide** Stephen Jones,2019-01-09 The Ultimate Strength Training Nutrition Guide That Will Take You To The Next Level Today only get this Amazon bestseller for just 2 99 Regularly priced at 10 99 Read on your PC Mac smart phone tablet or Kindle device You're about to discover how to start your morning with a routine similar to the morning routines of some of the most successful people on earth This book promises to train you and give you an insight into why most successful people are successful based on what they do after waking up in the morning So sit back and enjoy a fun educating and motivational time with this book to improve your life and set you on the right path to success in life Here Is A Preview Of What You'll Learn some really useful nutrients the types of nutrients your body needs and at what time why hydration is very important before during and after workout nutrients from some certain foods you must stay away from the right quantity of nutrients to consume for your type of workout the right quality of nutrients to consume to achieve your goals while training the most important nutrients your body needs during workout types of food to consume before during and after workout Much much more Download your copy today Take action today and download this book for a limited time discount of only 2 99      **Sports Nutrition Handbook** Justyna Mizera,Krzysztof Mizera,2019-05-08 Sports Nutrition Handbook unpacks the need to know concepts of sports nutrition into everyday language making fueling and daily diet easily understandable to athletes across a wide range of sports Athletes will find the hows and whys of sports nutrition offered in plain language no science required Sports Nutrition Handbook is clear easy to use as a reference and includes the details if you want to explore more deeply Sports Nutrition Handbook unpacks the need to know concepts of sports nutrition into everyday language making fueling and daily diet easily understandable to athletes across a wide range of sports Athletes will find the hows and whys of sports nutrition offered in plain language no science required Sports Nutrition Handbook is clear easy to use as a reference and includes the details if you want to explore

more deeply Sports Nutrition Handbook answers frequently asked questions in a straightforward and simple way How do HIIT workouts promote weight loss Does it help or harm to eat carbs before bedtime Why do early morning workouts feel so different than workouts after breakfast Why do marathoners often hit the wall Answers to all your sports nutrition questions are easy to find simple to grasp and actionable for your next workout or race [Comprehensive Performance Nutrition](#)

Justin Harris,2013 Comprehensive Performance Nutrition is an easy reference question and answer book that is sure to become a desktop favorite [\*\*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 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 [The Ultimate Guide Backed Nutrition Tip](#) CELIA. KELLY C.

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*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 **Complete Nutrition Guide**

for Triathletes Jamie Cooper, 2012-12-04 Triathletes spend a lot of time and money making sure they have the right gear optimizing their training plans and selecting their races. And part of that preparation for big race days is taking care of diet to be sure the body is properly fed to maximize athletic performance. Enter **The Complete Nutrition Guide for Triathletes** a thorough nutritional guidebook tailored specifically for the three sport athlete to reach his triathlon goals and to cross the finish line with the best nutrition plan possible. Dr Jamie A Cooper brings to the book her expert knowledge about nutrition and exercise combined with her extensive experience as an active triathlete. The book covers each essential nutrient offers up tailored nutritional plans for Sprint, Olympic and Ironman races and troubleshoots nutrition related issues specifically concerning the triathlete.

**The Complete Guide to Sports Nutrition** Anita Bean, 2017-09-07 **The Complete Guide to Sports Nutrition** is the definitive practical handbook for anyone wanting a performance advantage. This fully updated and revised edition incorporates the latest cutting edge research. Written by one of the country's most respected sports nutritionists it provides the latest research and information to help you succeed. This eighth edition includes accessible guidance on the following topics: maximising endurance, strength and performance; how to calculate your optimal calorie, carbohydrate and protein requirements; advice on improving body composition; specific advice for women, children and vegetarians; eating plans to cut body fat, gain muscle and prepare for competition; sport specific nutritional advice.

Nutrition and Fitness Nutrition Nicholas Bjorn, 2018-05-12 **GOOD NUTRITION IS IMPORTANT THIS IS A FACT BUT HOW DO YOU REALLY GET STARTED TO ACHIEVNG IT** PEOPLE SAY IT BEGINS WITH A BALANCED DIET BUT HOW EXACTLY DO YOU ACHIEVE THAT BALANCE If you are lost in the world of calories and kilojoules this book is the perfect reference to help you. The contents of this book will help you focus on what's important while getting rid of all the unnecessary fluff about dieting and healthy living that are just bound to confuse you. I know what your next question is: How do you start making a dent in the goal of good nutrition so that you can start feeling great about yourself? This book has all the answers. Each chapter contains useful information on the things you need to know and need to do so that you can have a foolproof guide toward achieving not just your weight goals but your overall health goals. Here is what this book has in store for you: Nutrition defined and simplified; Dietary guidelines made easy to follow; Nutrition labels made understandable; Vitamins and minerals explained; Fat burning foods enumerated; Peak health made achievable; Meal planning and recipes made doable. Start reaping the benefits of eating healthy and living healthy. You can get started today. **2 BOOKS IN 1 DO YOU WANT TO KNOW HOW YOU CAN LOSE WEIGHT AND BUILD MUSCLE FAST STARTING RIGHT NOW THIS BOOK WILL LET YOU IN ON THE SECRET** Everyone knows how important it is to maintain a healthy physique. Often achieving the ideal body requires you to lose weight and build lean muscle. But how do you do that? To become physically fit you need to have the knowledge necessary to get you on your way and the motivation required to keep you going. Don't you wish that you can get your hands on an ultimate fitness guide so that you could start understanding your body's needs, lose weight and stay

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[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

**Nutritional Guidelines for Athletic Performance** Lemuel W. Taylor IV,2012-03-26 Basic nutrition requirements and proper training are the two most important factors for athletes to achieve peak performance levels This volume addresses these needs on a comprehensive basis from a training table perspective Offering practical guidelines for practitioners and athletes the book focuses on the key macronutrients that fuel daily metabolism and exercise training and explores differing needs for various athletes and their individual goals It discusses how to determine body weight for a desired body fat percentage recommended calorie consumption dietary suggestions and useful meal planning tools for a wide variety of caloric needs

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