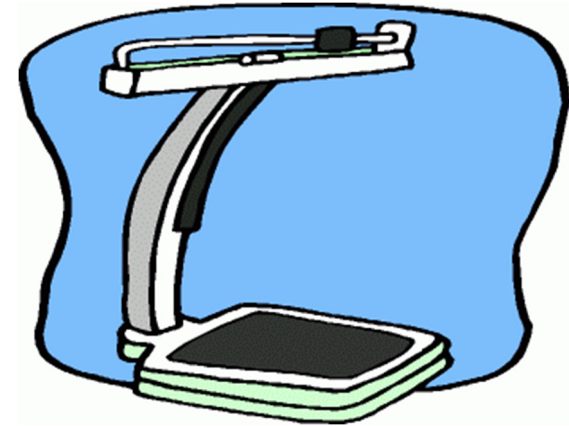


The 6/28 Project

How I lose 6kgs in 28 Days.

Days 22-28



DAY	ACTIVITY	FOOD	SLEEP
1	<p>Now, after three weeks of 'easy' training, I am now aerobically fitter & healthier. I feel like letting it rip, I know I can let it rip, but I won't let it rip.</p> <p>Experience has taught me, both, personally, and from the data collated from literally hundreds of clients, I require a full 28 days to fully re-program my best fat burning metabolism. Hitting harder more committed sessions any earlier usually leads to annoying niggles, a snuffle, and only momentarily living at my ideal (race) weight.</p> <p>5.30am: 45 min steady jog.</p> <p>While I am still holding my 70-80% of max sustainable effort (140bpm), I am running faster at this effort.</p> <p>Eg: Week 1 @ 140bpm = 4.50 kpace/ Week 2 @ 140 bpm = 4.35 kpace.</p> <p>I know this to be a product of; 1) being lighter, 2) running more efficiently, 3) burning more sustainable and available fat, therefore my 'good' form holds for the entire session.</p> <p>RESISTANCE TRAINING: Apart from the obvious structural and functional benefits of a short resistance training set, experience suggest I lose 'about' 1 kg more FAT when performing</p>	<p>I'll now start reintroducing appropriate carbohydrates. I'll consume carbs later in the day, preferring to start the day with genuine ketogenic choices.</p> <p>I return to a cooked (egg based) breakfast.</p> <p>I've found this promotes metabolic variation. Basically, while maintaining, 1) real food, 2) a low insulin spike, and 3) calorie control, it drives further fat oxidation.</p> <p>6.30am: 3 boiled eggs + black pepper.</p> <p>Black coffee.</p> <p>I boil up & fridge 15 eggs for the (last) week.</p> <p>1.00 pm: Fresh loaf of multi-grain bread (two slices), dipped in Extra-virgin Olive Oil.</p> <p>Black coffee</p> <p>7.00 pm: Salmon on a bed of sweet potato, green beans, and I'll make my own chilli sauce.</p> <p>Fruit salad: Small bowl) Watermelon, Rockmelon, Kiwi fruit,</p>	<p>8.30 pm: Clean sheets & pillowcase to start a new week. Much of this 6/28 Project is about 'practice'.</p> <p>10.00 pm: Read paperback in bed until I hit the melatonin wall.</p>

	<p>consistent strength exercises.</p> <p>* I like practicing pretty much the same routine for the month. This promotes continuity and measurable adaptation.</p> <p>10 Overhead Shoulder Press/ 10 Lateral raises/ 10 Double Bicep Curls/ 20 seconds standing running arms, with 10 seconds, only, between sets, repeating the set x 3.</p> <p>6.30pm: 30 min Walk, only.</p> <p>* Now, while the double isn't essential, and, as you see, it's nothing more than a dog walk, I've found the addition of second session equates to 'about' 1kg at month's end. I've found when performed an easier intensity it also suppresses the appetite, particularly for sweet things! This is good!</p> <p>The more you breath, as in exercise induced (controlled) breathing, the more fat you burn! No, boofhead, you can't just sit there and breathe more!</p>	<p>cream, cinnamon.</p> <p>Green drink or Herbal tea.</p>	
2	<p>5.30am: 40 min Stationary ride.</p> <p>Today I will push heavier gears with slower leg speed (cadence). My HR will remain just under my fat burning ceiling (140bpm).</p> <p>I'll ride 7 min heavy/ 3 min easy faster spin x 4 = 40 min. It's still boring, so I will pump the tunes and watch mindless drivel.</p> <p>10 Push ups/ 20 Sit ups/ 20 Lying side twist///repeat x 3.</p>	<p>6.30am: 3 boiled eggs + black pepper.</p> <p>Black coffee.</p> <p>I boil up & fridge 15 eggs for the (last) week.</p> <p>1.00 pm: Fresh loaf of multi-grain bread (two slices), dipped in Extra-virgin Olive Oil.</p> <p>Black coffee</p> <p>7.00 pm: Chicken breast (200gr) with roast vegies (handful) including potatoes, Olive oil, and loads of salt.</p> <p>Fruit salad: Small bowl) Watermelon, Rockmelon, Kiwi fruit, cream, cinnamon.</p> <p>Green drink or Herbal tea.</p>	<p>9.00 pm: Be certain bedroom is free of blue lights/ no screens beyond 9.40 pm.</p> <p>9.30 pm: Listen to sleep hypnosis, App (pzizz) or YouTube, for about ten minutes.</p>

3	<p>5.30 am: 45 min 'easy' jog.</p> <p>FYI – when I'm either training specifically for an event, or, I am prescribing exercise sessions for others, sessions will offer entertainment. The only time my training is this consistently 'boring' is when my sole interest is driving ultimate fat-burning overdrive.</p> <p>10 Overhead Shoulder Press/ 10 Lateral raises/ 10 Double Bicep Curls/ 20 seconds standing running arms, with 10 seconds, only, between sets, repeating the set x 3.</p> <p>6.30am: 30 min walk.</p>	<p>6.30am: 3 boiled eggs + black pepper.</p> <p>Or Nutritious Nine.</p> <p>Black coffee.</p> <p>I boil up & fridge 15 eggs for the (last) week.</p> <p>1.00 pm: Red Salmon Wrap, Avo, Feta, Salt.</p> <p>Black coffee</p> <p>7.00 pm: Lamb with brown rice, lemon, green garden veg (broccoli etc) butter & salt.</p> <p>Fruit salad: Small bowl) Watermelon, Rockmelon, Kiwi fruit, cream, cinnamon.</p> <p>Green drink or Herbal tea.</p>	<p>9.00 pm: Be certain bedroom is free of blue lights/ no screens beyond 9.30 pm.</p> <p>9.30 pm: Read till I crash.</p>
4	<p>5.30am: 40 min Stationary ride.</p> <p>10 Overhead Shoulder Press/ 10 Lateral raises/ 10 Double Bicep Curls/ 20 seconds standing running arms, with 10 seconds, only, between sets, repeating the set x 3.</p>	<p>6.30am: 3 boiled eggs + black pepper.</p> <p>Or Nutritious Nine.</p> <p>Black coffee.</p> <p>I boil up & fridge 15 eggs for the (last) week.</p> <p>1.00 pm: Tuna Wrap, Avo, Feta, Salt – sandwich press!</p> <p>Black coffee</p> <p>7.00 pm: Egg pasta, in olive oil, garlic, lemon, salt, prosciutto.</p> <p>Green drink or Herbal tea.</p>	<p>9.00 pm: Be certain bedroom is free of blue lights/ no screens beyond 9.30 pm.</p> <p>9.30 pm: Read in bed till cooked.</p>
5	<p>5.30 am: 45 min 'easy' jog.</p> <p>While it is most unlikely, should my legs feel somewhat bashed, I'll run on grass or a treadmill. For this, I will definitely require tunes.</p> <p>Just on running, FYI; I use a metronome to run every now and then. I do this to re-program my most efficient turnover, that being, 178 strides per minute. At 178 SPM I reduce the cost of</p>	<p>6.45am: Nutritious Nine.</p> <p>Black coffee.</p> <p>1.00 pm: Tuna Wrap, Avo, Feta, Salt – sandwich press!</p> <p>Black coffee</p>	<p>9.00 pm: Be certain bedroom is free of blue lights/ no screens beyond 10.30 pm.</p> <p>9.30 pm: Watch rubbish until I crash.</p>

	<p>impact considerably.</p> <p>10 Overhead Shoulder Press/ 10 Lateral raises/ 10 Double Bicep Curls/ 20 seconds standing running arms, with 10 seconds, only, between sets, repeating the set x 3.</p>	<p>7.00 pm: White Fish, lemon with Sweet potato chips, salt, olive oil.</p>	
6	<p>6.30am: 15 min walking warm up, 75 min 'easy' run over flattish terrain. Once again, I rarely look at my pacing watch. I sit on my 70-80% of max effort regardless.</p>	<p>8.30am: Nutritious Nine.</p> <p>Black coffee.</p> <p>1.00 pm: Tuna Wrap, Avo, Feta, Salt – sandwich press!</p> <p>Black coffee</p> <p>Grazing food: Nuts, Cheese, Hummus etc.</p> <p>7.00 pm: Massive bowl of mixed cooked vegies, chopped chicken, nuts, lemon sauce.</p>	<p>9.00 pm: Be certain bedroom is free of blue lights/ no screens beyond 9.30 pm.</p> <p>? pm: Whenever!</p>
7	<p>LAST DAY OF THE PROJECT</p> <p>6.30am: DO IT AGAIN --15 min walking warm up, 75 min 'easy' run over flattish terrain.</p> <p>I AM NOW FAT ADAPTED!</p>	<p>8.30am: Nutritious Nine.</p> <p>Black coffee.</p> <p>1.00 pm: Bacon wrap with every garden leaf I can find, avocado & mayo.</p> <p>7.00 pm: The last meal is a secret!</p>	<p>9.00 pm: Be certain bedroom is free of blue lights/ no screens beyond 9.30 pm.</p> <p>10.00 pm: Read in bed.</p>
Weight, kgs: 78.3		Girth (belly button) cm: 76	