

BP10 GUIDELINES

BP10



EAT RIGHT

- 1) Go to 'MOVE RIGHT' page (link below) and, either, **'PRINT'** a) ENTIRE FOOD CHOICES, or, THE SUPER BASIC (1-Page) PLAN.
- 2) Tinker with your day-to-day choices and TICK your planner (below) when BP10 meal compliant.
- 3) Use SUNDAY'S to prepare your culinary week; Shop, Cook, Contain, etc.

MOVE RIGHT

- 1) Go to MOVE RIGHT page (link below) and, calculate your best training EFFORT ['your' 60-75% of max effort, only].
- 2) You have two training options;

Option 1

- a) Log a weekly 'minimum' total minutes of rhythmic movement (stroll, walk, shuffle, jog, run): 150.
- b) Train whenever time permits.
- c) List your minutes in your (printed) planner.
- d) Speed & distance is irrelevant – YOUR perfect effort rating is KING.

Option 2

- a) I've listed a training plan appropriate for MOST.
- b) Minutes in your perfect effort on listed days – it's all there!
- c) Print it, follow it! It works!

KEY POINTS

- ✓ Move, rhythmically, [Stroll, Walk, Shuffle, Jog, or Run] as often as you wish!
- ✓ However, NEVER, exceed your DTI (Default Training Intensity: your 60-75%) – see MOVE RIGHT link!
- ✓ Disregard speed & distance – MOVE to time and your PERFECT effort (DTI).
- ✓ If you haven't run for a period, start back with brisk walking, only! Wait for your breathing rate to stabilise, then use shorter intervals of jogging!
- ✓ **Finish every session with;** 2 x 8 Push Ups, and 2 x 10 Sit Ups! Resting for no longer than 15 seconds between each set!
- ✓ **TIMETRIAL** for FUN – once a week, throw in your TT (and mark your time) – this will offer instant feedback on your growing fitness! – see link.
- ✓ Usually, I recommend running 4/7, only! Should you wish to move on 'off' days, walk, or x-train [row, ride, swim].
- ✓ Mix up your routes! And consider music!
- ✓ Oh, 150 minutes total per week of rhythmic DTI-based action is a good week! Shoot for the 150+Club!

That's it!

Start!

Working towards your 10km

Me:				BP10			
Program Dates [10Weeks]:							
Your Goal/s:							
Week 1 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food							
Move							
Week 2 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food							
Move							
Week 3 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food							
Move							
Week 4 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food							
Move							
Week 5 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food							
Move							
Week 6 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food							
Move							
Week 7 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food							
Move							
Week 8 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food							
Move							
Week 9 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food							
Move							
Week 10 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food							
Move							

Or, follow the plan below; Eg, Minutes moving on days listed, Nutrition Prep on Sunday Arvo's, Soup nights, and BP approved food [tick] . It works!

Name: BP PROGRAM				BP10 ~ TRY THIS			
Program Dates: 10 WEEKS (10km Day)							
Your Goal: <10kgs, < Stress, + 😊.							
Week 1 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food	✓ Soup	✓	✓ Soup	✓	✓	✓ Soup	✓ Prep
Move	30 (mins)		TT – about 30		30	60	20
Week 2 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food	✓ Soup	✓	✓ Soup	✓	✓ Soup	✓	✓ Prep
Move	30		TT – about 30		30	60	
Week 3 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food	✓ Soup	✓	✓ Soup	✓	✓ Soup	✓	✓ Prep
Move	30		TT – about 30		40	60	20
Week 4 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food	✓ Soup	✓	✓ Soup	✓	✓	✓	✓ Prep
Move	30		TT – about 30		40	60	20
Week 5 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food	✓ Soup	✓	✓ Soup	✓	✓ Soup	✓	✓ Prep
Move	30		TT – about 30		40	60	20
Week 6 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food	✓ Soup	✓	✓ Soup	✓	✓ Soup	✓	✓ Prep
Move	40		TT – about 30		20	75	20
Week 7 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food	✓ Soup	✓	✓ Soup	✓	✓ Soup	✓	✓
Move	40	30	TT – about 30	30	20	75	20
Week 8 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food	✓ Soup	✓	✓ Soup	✓	✓ Soup	✓	✓ Prep
Move	40		TT – about 30		20	75	20
Week 9 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food	✓ Soup	✓	✓ Soup	✓	✓ Soup	✓	✓ Prep
Move	40	30	TT – about 30	30	20	75	20
Week 10 Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Food	✓ Soup	✓	✓ Soup	✓	✓ Soup	✓	Prep
Move	30		TT – about 30		30		10KM EVENT

NOTE - No minute exceeding DTI, ever! How: Stroll, Walk, Shuffle, Jog, Run, it doesn't matter - MOVE in your DTI, only!