

BP10 EAT RIGHT BREAKFAST

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – 2 Breakfast Choices, only!

Variations' within the two choices are possible!

Veggos – Eat 'more' plant fat choices to satisfy sustained hunger and brain energy!

GREEN EGGS

Time; Ideally 6-8am.

Prep time; 5 MINUTES

Ingredients;

- Eggs
- Avocado
- Feta
- Bacon
- Sea Salt
- Butter, Coconut Oil
- Extra-Virgin Olive Oil

To taste;

- Mushrooms
- Sundried Tomatoes
- Tomatoes
- Basil, Coriander, Mint
- Pepper
- 'Fresh' Lemon
- Cream/ Full Milk

Method;

- Eggs; however – pan-fried (use butter or coconut oil, only), scrambled (use full cream), even microwaved if need be! And use 'Sea Salt'.
- (Choice) Bacon – 'just a little'.
- Add ingredients to taste & 'variation'.
- Drizzle with a little Olive Oil & squeeze of fresh lemon!

Volume;

Start low, and tinker day to day, relative to hunger!
Hunger Goal; Satisfy till 12.30 – 1.00 pm.

Drink (zero sugar) to thirst; Coffee, Tea, Water, Green 'Alkalisising' Drink (e.g. Vital Greens)!

Want bread ?: Make 'Cloud bread', only, it's easy & yum;
https://www.youtube.com/watch?v=LDuQILx_TQ4

NUTRITIOUS NINE CEREAL

Time; Ideally 6-8am.

Prep time; 1 MINUTE

Ingredients;

- 5.0L Tupperware Container
- 2 x 750g Oats – cooking oats are best -
- 1 x 250g Coconut (Shredded)
- 1 x 125g Almonds (slivered)
- 1 x 125g Cacao Nibs
- 1 x 250g Chia Seeds
- 1 x 125g Tbsn Sunflower Seeds
- 1 x LGE Tbsn Cinnamon (Ground)
- 1 x LGE Ginger (Ground)
- Give it a good shaking mix.
- 1 x Tpn Honey (Raw – no commercial choices)

Method;

- Bowl, say ½ - ¾ cup
- ¾ Water, you can use full milk, but H2O is best!
- Microwave for 90 seconds
- Add honey, a little!
- Change up ingredients to taste & variation.
- No, I don't think you need fruit or fruit juice!

Volume;

Start low, and tinker day to day, relative to hunger!
Hunger Goal; Satisfy till 12.30 – 1.00 pm.

Drink (zero sugar) to thirst; Coffee, Tea, Water, Green 'Alkalisising' Drink.

FYI Weblink, featuring Nutritious Nine in detail -
<http://www.bp40plus.com.au/urm-breakfast-club/>

BP10 EAT RIGHT LUNCH

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – 2 Lunch Models, only!

Variations' within the two choices! Be creative within the 'key' ingredients!

Veggos – Eat 'more' plant fat choices to satisfy sustained hunger and brain energy!

PROTEIN SALAD	LEFT OVERS
<p>Time; Ideally 12-30 -2 pm. Prep time; 5 MINUTES</p> <p>Ingredients;</p> <ul style="list-style-type: none"> o Green leaf – every choice available. o Capsicum – all colours, Avo, Celery, etc, o Cucumber, Red Onion, Carrots. o 'Some' cheese (cheddar, tasty) o 'Some' brown rice. o *Nuts (no peanuts) & Seeds to taste, o Vinaigrette [French], Olive Oil, *Sea Salt. <p>Adding: Protein Choices,</p> <ul style="list-style-type: none"> o Red/ Pink (boney) Salmon, Tuna (in Olive Oil is great), Chicken (Breast, BBQ, 'Cooked' Red Meat; OR, o Easy on the volume: Lentils, Chickpeas, Kidney Beans, Cottage Cheese, Quinoa – Avoid Soy! *must be included. <p>Change up Salad & Protein choice, daily!</p> <p>Method;</p> <ul style="list-style-type: none"> • Bowl salad of choice, making certain either nuts and or seeds are present! • Drizzle with Olive Oil and a dash of sea salt, • Add protein of choice. <p>Volume; Feel free to tinker with the salad & protein choices from day to day. Variety is in your interest! Goal; Satisfy hunger till 6 pm.</p> <p>Key; Prioritise preparation time.</p> <ul style="list-style-type: none"> o Make before work, contain, & refrigerate. o You must make the time! <p>Drink (zero sugar); Coffee, Tea, Water, Green Choice!</p>	<p>Time; Ideally 12-30 -2 pm. Prep time; MINIMAL, e.g. reheating!</p> <p>Ingredients;</p> <p>As per dinner choices!</p> <p>Drink (zero sugar); Herbal Tea (Peppermint, Camomile, Lemon, etc.), 'Boiling' Water + Fresh Lemon, Green drink choice!</p> <p>Key; Prioritise preparation time the night before.</p> <p>Volume; Lunch is a 'hunger' top-up, not the main meal! I would rather you load up at Breakfast, allowing for a lighter (volume) evening meal. However, don't consume too little, falling to excessive grazing, a drawing towards pick-up pre-dinner food, and or playing an unnecessary Alcohol Wild Card.</p> <p>Attention HIGH VOLUME Exercise: Add 'more' plant fat, salt, water! And, summer fruits [eg banana, rockmelon, watermelon, grapes etc].</p>

BP10 EAT RIGHT DINNER

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – 2 Dinner Models.

Variations? Of course!

Veggos – Eat 'more' plant fat choices to satisfy sustained hunger and brain energy!

PROTEIN & VEGGIES	10 PERFECT SOUP MEALS: 2-3/7
<p>Time; Ideally 6.30 – 8.30 pm. Prep time; ? MINUTES</p> <p>Ingredients;</p> <ul style="list-style-type: none"> ○ Veggies; Steamed, Roasted, Mic'ed, Pan-Fried (in Coconut Oil or Butter), ○ Must I really list every above & below the ground vegetable! C;mon! All veg are Go! Mix it up! ○ Make veggies yum! Team veggies with garlic, salt, butter, and, all herbs & spices are Go! <p style="text-align: center;">+</p> <ul style="list-style-type: none"> ○ Protein Choices; All animal-source protein is Go! Yes, all of them! Consume on moderation (lower volume than usual) and combine with your veggies of the day! <p>OR,</p> <ul style="list-style-type: none"> ○ Lentils, Chickpeas, Beans, Cottage Cheese, Quinoa, Brown Rice. <p>To taste; LOW CARB HEALTHY SAUCES & DRESSING - https://www.dietdoctor.com/low-carb/keto/recipes/sauces-dressings</p> <p>Volume;</p> <ul style="list-style-type: none"> ✓ Start with a lower volume than your normal. ✓ Brush teeth after your first serve! ✓ Drink a glass of water, adding a tiny pinch of Pink Himalayan Salt if you wish, ✓ Wait for 5 – R U still hungry? If so, consider a little more! 	<p>Time; Ideally 6.30 – 8.30 pm. Prep time; 1 MINUTE</p> <p>Why Soups; 2-3/7 minimum during BP10 period,</p> <ul style="list-style-type: none"> ✓ Easy to make, ✓ Easily contained ✓ Nutritious ✓ Sustains hunger satisfaction ✓ Yum ✓ Easily digested, aiding gut health/ sleep! ✓ Team nicely with cloud bread! <p>Volume;</p> <ul style="list-style-type: none"> ○ Tinker day to day based on hunger. ○ Goal; Satisfy hunger till 6.00 pm. <p>Drink (zero sugar); Coffee, Tea, Water, Green choice!</p> <p>RESTAURANT DINNER: Protein & Fresh Veggies, Salt.</p> <p>No: bread, sweet sauces, desert!</p>

Drink (zero sugar); Coffee, Tea, Water, Green Choice!

10 BP10 SOUPS

******Consume 2-3/7 'Soup' Dinners over the next 10-Weeks*

Scroll through.....

Enjoy!

Roasted Pumpkin & Bacon Soup

Feeds: 4

Prep Time: 15 mins

Total Time: 40 mins

Ingredients

- 1 large butternut squash, peeled and cubed (seeds removed)
- 2 potatoes, peeled and chopped
- 3 Rashes of Bacon, chopped
- 3 tbsp. extra-virgin olive oil
- Sea salt
- Freshly ground black pepper
- 1 tbsp. butter
- 1 onion, chopped
- 1 stalk celery, thinly sliced
- 1 large carrot, chopped
- 1 tbsp. fresh thyme
- 1 qt. chicken broth – Campbells from Woolies

Directions

1. Preheat oven to 400°. On a large baking sheet, toss pumpkin and potatoes with 2 tablespoons olive oil and season generously with sea salt and pepper. Roast until tender, 25 minutes. FYI – How to Roast pumpkin best - <https://www.youtube.com/watch?v=Xs3FM1wzT1g>
2. Meanwhile, in a large pot over medium heat, melt butter and remaining tablespoon olive oil. Add onion, celery, and carrot and cook until softened, 7 to 10 minutes. Season generously with sea salt, pepper, and thyme.
3. Panfry your chopped bacon adding to the veggies when done.
4. Add roasted pumpkin and potatoes and pour over chicken broth. Simmer 10 minutes, then using an immersion blender, blend soup until creamy. (Alternately, carefully transfer batches of the hot soup to a blender/ Thermomix.)
5. Serve garnished with thyme.

Cream of Asparagus Soup with Chicken

Feeds: 4

Prep Time: 15 mins

Total Time: 45 mins

Ingredients

- 2 tbsp. butter
- 1 clove garlic, minced
- 1kg. asparagus ends trimmed, cut into 2cm pieces
- 1 Chicken breast, diced
- Sea salt
- Freshly ground black pepper
- 2 Cups Chicken broth – Campbells from Woolies
- 1/2 Cup Heavy cream
- Freshly chopped chives, for garnish
- Freshly chopped dill, for garnish

Directions

1. In a heavy pot over medium heat, melt butter. Add garlic and cook until fragrant, 1 minute. Add asparagus, season with salt and pepper, and cook until golden, 5 minutes.
2. Add broth and simmer, covered, until asparagus is very tender but still green, 10 to 15 minutes.
3. Pan fry chicken in a dash of butter, sea salt, and garlic, then add to blender.
4. Using an immersion or regular blender, puree soup. If using a regular blender, be sure to stop and remove lid a few times to avoid overheating the soup. Return to pot, stir in cream, then warm over low heat. Season with salt and pepper to taste.
5. Garnish with more cream and herbs.

Bacon Cauliflower Chowder

Feeds: 6

Prep Time: 10 mins

Total Time: 25 mins

Ingredients

- 4 slices bacon, cut into pieces
- 1 medium onion, chopped
- 2 medium carrots, peeled and chopped
- 2 stalks celery, chopped
- Sea salt
- Freshly ground black pepper
- 2 cloves garlic, minced
- 2 tbsp. flour
- 2 sprigs thyme, stripped and chopped
- 1 head cauliflower, cut into small florets
- 2 Cup real vegetable broth – Campbells from Woolie
- 1 Cup whole milk

Directions

1. In a large pot over medium heat, cook bacon until crispy. Transfer to paper towel-lined plate and drain all but 2 tablespoons of fat (we'll use this goodness).
2. To pot, add onion, carrots, and celery. Season with salt and pepper. Cook until soft, about 5 minutes. Add garlic and cook until fragrant, 1 minute. Stir in flour and cook 2 minutes more. Add thyme and cauliflower.
3. Pour in broth and milk and bring to a boil. Immediately reduce heat and simmer until cauliflower is fork tender, about 15 minutes. Season with salt and pepper.
4. Garnish with cooked bacon before serving.

Creamy Broccoli Cheddar Soup

Feeds: 4

Prep Time: 10 mins

Total Time: 40 mins

Ingredients

- 3 tbsp. unsalted butter
- 1 small white or yellow onion, diced
- 2 cloves garlic, minced
- 3 tbsp. all-purpose flour
- 4 Cup vegetable broth – Campbells from Woolies
- 2 Cup half-and-half [Full milk/ Cream]
- 2 small heads broccoli, cut into florets and stems cut into pieces (8 to10 cup.)
- 100g cheddar, grated (1 1/2 cups)
- Sea salt
- Freshly ground black pepper
- Pinch of nutmeg
- Greek yogurt or sour cream, for garnish (optional)

Directions

1. In a large pot, melt butter over medium-high heat. Add onion and cook until soft, 5 minutes. Add garlic and stir until fragrant, 1 minute. Add flour and cook, constantly stirring, until it turns golden, 3 minutes.
2. Add broth and half-and-half and bring to a boil. Reduce heat to medium and add broccoli. Simmer until broccoli is bright green, 4 minutes, then remove four pretty pieces of broccoli (for garnish) and rinse under cold water. Reduce heat to low and cover partially; simmer until broccoli is tender, 15 minutes.
3. If you have an immersion blender, puree soup in the pot, otherwise, working in batches, carefully puree the soup in a blender (holding down the lid with an old towel to prevent hot liquid from spurting out the top). Pour pureed soup into a large bowl.
4. Immediately whisk in cheddar and season with salt and pepper and nutmeg.
5. Ladle soup into bowls and garnish with Greek yogurt or sour cream (if using), black pepper, and reserved broccoli.

Thai Chicken Coconut Soup

Feeds: 4

Prep Time: 5 mins

Total Time: 30 mins

Ingredients

- 1 tbsp. extra-virgin olive oil
- 1 tbsp. freshly minced ginger
- 120g shiitake mushrooms, chopped
- 6 Cup. chicken broth
- 1 (400g) can coconut milk
- 1 tbsp. fish sauce
- 500g boneless skinless chicken thighs, cut into pieces
- Juice of 1 lime
- Cilantro leaves, for garnish
- Chilli oil, for garnish (optional)

Directions

1. In a large pot over medium heat, heat oil. Add ginger and cook until fragrant, 1 minute, then add mushrooms and cook until soft, about 6 minutes.
2. Add broth, coconut milk, and fish sauce and bring to a boil. Add chicken, reduce heat, and simmer until chicken is no longer pink about 15 minutes. Turn off heat and stir in lime juice.
3. Garnish with cilantro and chilli oil (if using) before serving.

Cauliflower Soup Deluxe

Feeds: 4

Prep Time: 10 mins

Total Time: 30 mins

Ingredients

- 1 tbsp. extra-virgin olive oil, plus more for garnish
- 1 medium yellow onion, chopped
- 1 clove garlic, minced
- 1 large head cauliflower, cut into small florets (about 8 cups)
- 6 Cup chicken or vegetable stock – Campbell Real from Woolies
- 3 sprigs fresh thyme, plus more for serving
- 1 bay leaf
- Sea salt
- Freshly ground black pepper
- 1/4 Cup heavy cream or whole milk

Directions

1. In a large pot over medium heat, heat oil. Add onion and cook until soft, 6 minutes. Add garlic and cook until fragrant, 1 minute. Add cauliflower, stock, thyme, and the bay leaf and bring up to a simmer. Cook until cauliflower is very tender, 15 to 20 minutes.
2. When vegetables are tender, remove thyme and bay leaf and discard. Blend with an immersion blender or transfer to a blender in batches and blend until smooth. Stir in cream and reheat if needed. Garnish with a

drizzle of olive oil and fresh thyme and serve immediately.

Cream of Zucchini Soup

Feeds: 4

Prep Time: 10 mins

Total Time: 30 mins

Ingredients

- 1/2 small onion, quartered
- 2 cloves garlic
- 3 medium zucchini, skin on cut in large chunks
- 2 Cup Swanson chicken broth, or vegetable
- 2 tbsp full-fat sour cream
- Sea salt and black pepper to taste
- Freshly grated parmesan cheese if desired for topping, optional

Directions

1. Combine chicken broth, onion, garlic and zucchini in a large pot over medium heat and bring to a boil.
2. Lower heat, cover, and simmer until tender, about 20 minutes.
3. Remove from heat and purée with an immersion blender, add the sour cream and purée again until smooth.
4. Taste for salt and pepper and adjust to taste. Serve hot.

Creamy Garlic Chicken Soup

Feeds: 4

Prep Time: 15 mins

Total Time: 30 mins

Ingredients

- 2 tablespoons butter
- 2 cups shredded chicken - 1 large chicken breast
- 120g cream cheese cubed
- 2 tablespoons Garlic Seasoning
- 400g chicken broth
- 1/4 cup heavy cream
- Sea salt to taste

Directions

1. Melt butter in saucepan over medium heat.
2. Add shredded chicken to pan and coat with melted butter.
3. As the chicken begins to warm, add cubes of cream cheese and Garlic seasoning. Mix to blend ingredients.
4. Once the cream cheese has melted and is evenly distributed, add chicken broth and heavy cream. Bring to a boil, then reduce heat to low and simmer for 3-4 minutes.
5. Add salt to taste and serve.

Chicken Soupy Stew

Feeds: 4

Prep Time: 15 mins

Total Time: 30 mins

Ingredients

- 2 cups chicken stock
- 2 medium carrots (1/2 cup), peeled and finely diced
- 2 celery sticks (1 cup), diced
- 1/2 onion (1/2 cup), diced
- 800g skinless and deboned chicken thighs diced into pieces
- 1 spring fresh rosemary or 1/2 teaspoon dried rosemary
- 3 garlic cloves, minced
- 1/4 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1 cup fresh spinach
- 1/2 cup heavy cream
- Sea salt and pepper, to taste
- Macro xanthan gum (Woolies), to desired thickness starting at 1/8 teaspoon

Directions

1. Place the chicken stock, carrots, celery, onion, chicken thighs, rosemary, garlic, thyme, and oregano into a 3-quart crockpot or larger. Cook on high for 2 hours or on low for 4 hours.
2. Add salt and pepper, to taste.
3. Stir in spinach and the heavy cream.
4. Sprinkle and thicken with xanthan gum to desired thickness starting at 1/8th teaspoon.
5. Continue to whisk until mix and cook for another 10 minutes.

Toscana Soup

Feeds: 4

Prep Time: 15 mins

Total Time: 40 mins

Ingredients

- 500g mild or hot ground Italian sausage
- 1 tablespoon oil
- 1/2 cup finely diced onion or 1 medium onion, finely diced
- 3 garlic cloves, minced
- 2 Cup chicken or vegetable stock
- 1 large cauliflower head, diced into small florets
- 3 cups chopped kale
- 1/4 teaspoon crushed red pepper flakes
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup heavy cream

Directions

1. Brown the ground sausage in a skillet over medium heat until done.

2. Using a slotted spoon, remove the sausage and place it into at least a 6-quart slow cooker. Discard the grease.
3. Place the oil in the same skillet and saute the onions for 3-4 minutes or until translucent.
4. Add the onions, chicken or vegetable stock, cauliflower florets, kale, crushed red pepper flakes, salt, and pepper to the slow cooker. Mix until combined.
5. Cook on high for 4 hours or on low for 8 hours.
6. Add the heavy cream and mix until combined.
7. Serve hot.

BP10 EAT RIGHT SNACKING CHOICES

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – Snack, only, to avoid a poor choice or overeating, particularly at dinner.

Avoid – dips in blood sugar, thumping hunger pangs, head noise!

Water – I suggest a glass of water before snacking! Often, we're dehydrated, not hungry!

YES	NO
<p>Before Eating; try a glass of water, perhaps with a tiny dash of Pink Himalayan salt. Often, we're dehydrated not hungry!</p> <p>Kale Chips – cut up Kale, throw on a pan, drizzle with Olive Oil, dash of sea salt and toss on the oven @ 180' for 12 minutes.</p> <p>Natural Yogurt – adding nuts, like almonds, cashews, macadamias, and seeds of choices, with a final dash of ground cinnamon.</p> <p>Veggies & Hummus – carrots, celery, cucumber & co, dipped in hummus!</p> <p>Cheese – whatever type in moderation.</p> <p>Nuts & Seeds – all nuts other than peanuts.</p> <p>Fruit – Apples, Pear, Kiwi Fruit, All 'Berries', only!</p> <p>Cottage Cheese – adding nuts and seeds.</p> <p>Capsicum & Guacamole – if making yourself, use full cream.</p> <p>Veggies with non-commercial Nut butter (Almond, Mac)</p> <p>Dark chocolate – again, rich dark chocolate in moderation, only.</p>	<ul style="list-style-type: none"> ❖ Food-like product claiming it will leave you ripped or have you playing for Australia. ❖ Anything powdered ❖ Anything with a mascot ❖ Anything 'as seen on TV' ❖ Anything you press a number to receive! ❖ You get the idea! Right!

BP10 ALCOHOL LAWS

THE WILDCARD SYSTEM

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – Employ the Wildcard System, or, make it a Dry Period!

Variations' – No, it's the WildCard System!

Duration: 10 Weeks.

Action: Are you permitted to drink a maximum 3/7 evenings. Ideally, a break of day between drinking is best.

Volume: 2/7 @ 2 standard drinks, only! 1/7 @ 4 standards drinks only!

Wildcard: If you chose to drink, you play a wildcard! You do not store them up week to week!

Choice: Ideally, for the most part, I'd like you to limit beer! Wine is better! However, beer is OK!

That's it!

And mark your wildcard in your score sheet!

BP10 MOVE RIGHT MOVING INTENSITY

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – Never exceed your DTI (Default Training Intensity – highest training intensity).

Calculating your DTI – use the formula, then use a heart rate monitor, or, simply employ the perceived rate of exertion chart.

Burn Fat not Sugar = DTI training!

DTI [Default Training Intensity] – the highest or hardest rate of exertion over the 10 weeks.

This will happen	Which means
☉ Stronger heart muscle fibres!	☉ Hello, my ideal living weight!
☉ Flexible & stronger blood vessels.	☉ G'bye frustration with the boofhead in accounts.
☉ Increased generation of more blood vessels.	☉ I'm waking freshly and beating my alarm!
☉ Greater upload of precious oxygen.	☉ I haven't had a cold for.....I can't remember.
☉ Better shuttling of inflammation.	☉ I'm looking forward to my next session.
☉ Healthy maintenance of immune strength.	☉ I forgot I had that annoying niggle in my knee.
☉ Hormonal balance (including sex hormones).	☉ My battery is still loaded arriving home.

Calculate your DTI!

Lifestyle Analysis Method (LAM)

What you need: An honest sense of your lifestyle & health.

Purpose: Determine your Default Training Intensity (DTI) presented in Heart Rate Beats per Minute.

Questions

a) 183 minus your Age = (This is your Heart Rate in Beats per Minute)

b) If you've suffered major illness within the last five years; minus 6 =

c) You've been largely sedentary over the past two years; minus 3 =

d) You have suffered more than one cold & flu over the past 12 months; minus 2 =

e) You are challenged regularly with muscle or joint inflammatory conditions; minus 3 =

f) You know you're currently challenged with lifestyle stress; minus 3 =

g) You've been largely healthy for two years; add 5 =

h) You've exercised regularly for three years; add 3 = (This number, your HR, is your DTI)

What is your DTI, in heart rate beats per minute? =

Your Zone: From 10 beats lower up to your DTI. Eg. 122-132bpm.

*****Every training session within this range! No harder!**

Don't own a heart rate monitor?

The result of 'your' 65-75% of your max sustainable effort!

How your DTI should feel!	Post DTI workout feeling!	Signs it's working?
You can talk, easily, when training.	Knowing you could keep going.	Ideal food choices appeal.
Your [good] form is never challenged.	Low, sugar, and, or, alcohol cravings.	You're led to your 'best' weight.
Your breathing is even and controlled.	You sleep soundly.	You're moving faster at your DTI.
No body parts hurt.	Loads of lifestyle energy.	You're free of injury & illness.
You could work harder if required.	You're tolerant of boofheads.	You're psyched for your next session.

You can expect the following should you press over your DTI!

1. Hunger (for sugar) becomes uncontrollable.
2. Inflammatory joint or tendon niggles.
3. Prevent quality sleep.
4. Leave a bad, and sabotaging memory of how exercise should feel.
5. You'll gain weight - yep, you'll most likely gain weight.

DTI is KING!

BP10 MOVE RIGHT YOUR TIMETRIAL TEST

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Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – Test your improving fitness & health each week.

Your Test – Design a course, finish your course as fast as you can, but never exceed your DTI, record the time, repeat each week!

Your fitness & health is improving when: You finish the same course faster at the same DTI.

Firstly,

What can influence a 'HIGHER' Heart Rate!	What can influence a 'LOWER' Heart Rate!
<ul style="list-style-type: none">○ Warmer and certainly more humid conditions.○ Afternoon sessions versus morning sessions.○ Poor gut health, ie; bad food choices.○ Harbours a cold or flu.○ Signs a cold or flu is on its way.○ Mental stress.○ An injury driving inefficient form.○ A false flat (terrain).○ Altitude - definitely this one.	<ul style="list-style-type: none">● Early morning colder sessions.● Over-training syndrome - this is not good!● You're fitter - this is good!● Low blood pressure.● Unbalanced minerals, ie; sodium balance.● Low-motivation.● Poor circulation.● Metabolism switching from sugar to fat.● Your slept like a King - great sign.

Why Test

Results drive continued motivation.

Provides clear, accurate and easily recorded data.

Highlights troubleshooting.

Defines the all-important base (aerobic) fitness.

Defines current health status.

Confirmation your program is working!

Your Weekly Test

Step 1 - Design an uninterrupted flat and repeatable course.

- ⊙ Out and back courses are best.
- ⊙ The distance is irrelevant, so GPS is not required but offers useful data.
- ⊙ Design a course having you complete Test 1 between 20-50 minutes.
- ⊙ Define the exact start & finish of your course.

Step 2 - Wearing your Heart Rate Monitor, know your DTI.

- ⊙ Know your intensity limit in beats per minute; eg. 141.
- ⊙ Programming an alarm signalling you're over your DTI is a good idea.

Step 3 - Start your stopwatch.

- ⊙ Push as hard as you can, but NEVER exceed your DTI.

Step 4 - Stop your stopwatch at your finish line.

- ⊙ Record & Save your exact finishing time.

Useful Info....

What might influence your results?	What should happen!
⊙ Waking tired following poor sleep.	⊙ Over time, complete your course faster holding DTI.
⊙ Gut dysfunction a result of poor food choices.	⊙ Bodyweight changes (loss), including body fat loss.
⊙ Warmer conditions.	⊙ Far easier respiratory demands.
⊙ Unbalanced lifestyle emotional stress.	⊙ No injuries and recovered old injuries.
⊙ Testing at a different time of the day.	⊙ Increased motivation for your training.
⊙ Looming illness.	⊙ Less exercise-induced heat/sweating, during & post.

An example from DTI Training.

WEEKLY DTI TIMETRIAL TEST		
Name: Michael Dantani	Starting Weight: 95.3kgs	DTI: 139bpm
Course: 'About 6km'	Plan: Weekly Monday's at 6 am.	
Week	Finishing time	Weight (kgs)
1	36.24	95.3
2	36.06	95.1
3	35.47	94.4
4	35.48	93.1
5	35.06	92.5
6	35.01	92.6
7	35.04	91.2
8	34.51	91.6
9	34.29	90.3
10	34.21	89.2

BP10 GUIDELINES

BP10



- ✓ Move [Stroll, Walk, Shuffle, Jog, or Run] as often as you wish!
- ✓ However, NEVER, exceed your DTI!
- ✓ All sessions are performed at 'your' 50-70% of your max sustained effort! Regardless of action, speed or distance!
- ✓ 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!
- ✓ Record the time you spent on your feet on your planner eg. 30 [minutes].

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							

- ✓ 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!
- ✓ Consider a longer training session on the weekend – see example!
- ✓ **TIMETRIAL** – once a week, throw in your TT (and mark time) – this is fun, and 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!