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| Image result for bp logo |
| Name:  | Training Block Dates:  | Your Final Score:  |
| BP100 Game Laws1. Diarise the game.
2. Interest permitting, exceed the listed (aerobic) volume by 25%, only.
3. Never, ever, exceed your ‘easy’ sustainable effort level.
4. Stick to the easy to follow listed menu (choices & volume).
5. Score your commitment: Double Time Double Points = 2 points
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| Play | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
| Rhythmic Aerobic Action | *E.g. 1* |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spinal Strength Set |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sleepy Read |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alcohol-Free |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Score  | /7 | /7 | /7 | /7 | /7 | /7 | /8 | /7 | /7 | /7 | /7 | /7 | /7 | /8 |
| See the source imageTotal Score | / 100 |

Rhythmic Aerobic Action

**Frequency:** Everyday, for 14 days.

**Intensity:** Never harder than ‘your’ perceived, easy sustainable intensity.

**Time:** 30 minutes, of continuous rhythmic action. 60 minutes for one session per week (double points).

**Type:** Ideally, weight-bearing walking or running, but all rhythmic action will work.

Spinal Strength Set – see the video demonstration

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| BP56 Spinal Strength Set OneRotate through this set x 2 |
| 1 | DB Squat Press | 10 Reps |
| 2 | DB Push-Ups (feet of knees) | 10 Reps |
| 3 | DB Lying Rotations | 16 Reps |
| BP56 Spinal Strength Set TwoRotate through this set x 2 |
| 1 | DB Squatted Arm Curls | 10 Reps |
| 2 | Kneeling Shoulder Press | 10 Reps |
| 3 | DB Crunching Press | 12 Reps |
| BP56 Spinal Strength Set ThreeRotate through this set x 2 |
| 1 | DB One-Legged Push-Ups (feet of knees) | 10 Reps |
| 2 | DB Lying Alternate Ladders  | 16 Reps |
| 3 | Back Arches | 10 Reps |
| BP56 Spinal Strength Set FourRotate through this set x 2 |
| 1 | DB Straight Arm Forward Extensions | 10 Reps |
| 2 | DB Side Dips | 5/5 Reps |
| 3 | DB Standing Rotations | 16 Reps |

Breakfast

* Alternating works
* Consistency works
* Timing works

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| Breakfast Choice One  | Breakfast Choice Two |
| * Pre: Glass of Water
* Fry One Egg
* One slice of wholemeal bread, toasted
* 1/3 Avocado
* Freshly squeezed lemon
* Coffee, Black Tea, Green or Herbal Tea.
 | * 2/3 Cup of Cooking Oats
* Adding ¾ cup of Water
* Microwave for 90 seconds (using a lid)
* Add Handful of Blackberries, Blueberries, or Strawberries
* Dash of Ground Cinnamon
* Coffee, Black Tea, Green or Herbal Tea.
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Lunch

* Consider preparing at breakfast, containing, & storing.

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| Lunch Choice One  | Lunch Choice Two |
| * BBQ Chicken (handful), bowled
* (Chopped) Lettuce, Baby Tomatoes, Cashews, Avocado, Feta, Sea Salt, Pepper.
* Water, Coffee, Black Tea, Green or Herbal Tea.
 | * Tin of Tuna in Olive Oil, Pink Salmon, or Red Salmon – 95grams
* 1 Wholemeal wrap
* Cucumber, Capsicum, Carrots, and Sundried tomatoes in oil, Sea Salt.
* Tablespoon of Sunflower Seeds.
* Quick zap in a microwave – 30 seconds.
* Water, Coffee, Black Tea, Green or Herbal Tea.
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Dinner

* Pre-load with a glass of water.
* Choose your protein – hand size only.
* Match with a crunchy salad ‘or’ garden veg with (real) butter.
* Changing up your salad & veggie mix works.

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| Protein | Salad – no volume limit | Veggies – no volume limit |
| * Any whole protein source – no packets or pre-cooked & preserved choices.
* Red, Pink, White, Green, Brown, whatever!
* Hand size only.
 | * Choose any above the ground vegetables,
* Add, nuts and seeds of your choices,
* Add cheese of your choice,
* Add a drizzle of Olive Oil (and a dash of sea salt),
* Add freshly squeezed lemon.
* ½ cup Brown rice.
 | * Any above or below the ground vegetables,
* Cook as possible (steam, roast etc)
* Add a little real butter, salt n pepper.
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Sleepy Read

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| * Wash and ideally air dry ALL linen before the 14 days starts, and at Day 7.
* Cover ALL bedroom lighting, by; overlapping curtains, closing doors, covering all blue light – including an out of sight silent charging phone.
* Consider an evening camomile peppermint or lemon tea, 30 minutes from bedtime.
* Prepare for sleeping with an ever slightly cooler room temperature – ideally 12-14’c; allowing your body to naturally cool, reaching your ideal energy shutdown temp.
* Practice sleep at much the same time every night – pick that time.
* Prepare for the earlier morning coolness – blanket at the foot of the bed, bedside socks, etc.
* \*\*Read a paperback while in bed, lit only by a dimmed bed lamp – no phones.
* After the second or third melatonin heavy eyelid doze, discard the book and think nothing.
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Shopping

Listed on the Super Simple Menu Your Additions

* Eggs
* Wholemeal Bread
* Avocado
* Lemon
* Cooking Oats
* Brown Rice – microwave choice.
* Berries – Straw, Black, Blue
* Ground cinnamon
* Coffee, Tea (Black, Green, Herbal)
* BBQ Chicken
* Lettuce of choice
* Baby tomatoes
* Cashews
* Feta
* Sea Salt & Pepper
* Tuna in Olive Oil
* Pink Salmon
* Red Salmon
* Cucumber
* Capsicum
* Carrots
* Sundried tomatoes – jarred (in Oil)
* Sunflower seeds
* Protein: e.g. Beef, Lamb, Pork, Salmon, Chicken breast, etc
* Garden Veg: e.g. Broccoli, Cauliflower, Squash, etc
* Butter