

Pan Mass Challenge
BOXFIIT Training Zone

April: Training Zone (Strength, Core, Yoga)

FIIT FUEL: Developing Habit & Practicing Discipline

Now is the time to learn how to properly fuel a workout. Most of us tend to skip pre-fueling out of fear that we will become sick or get cramps during exercise or competition. It's important to start your first training session with a pre-fuel so that your nutrition & exercise programs are synchronized.

First, consume your last meal 2-4 hours before exercising. Second, pre-fuel within the hour prior to exercising by eating up to 300 calories. Choose foods that are mostly carbohydrates with some protein. Some individuals prefer carbohydrates only. Generally speaking, either is fine as the goal is to fuel the workout itself. To keep it simple, shoot for 1g of carbs per minute of exercise. Choose easy options like a banana & one tablespoon of peanut butter or pretzels, crackers and some juice (if gluten free try organic granola)

April is the first month of training and its the most important month because it lays the foundation for everything we do going forward. Your goal is to build your routine and commit to it. This month's focus is building the foundation of nutrition, flexibility, strength, and mental discipline needed to connect the mind & body together.

Monday	Tuesday	Wednesday	Thurs	Friday	Sat	Sunday
Endurance Options: 1) 60 min Spin Class 2) @ Homework out Videos	Core Options: 1) Core Class or a Pilates 2) Core or Pilates Class @home workout	Strength Options: 1) 7:30pm-8:30 Box-fiit 360 @ the club 2) Box-fiit 360 @ home workout 3) Own Strength Routine	OFF	Yoga Options: 1) 60 min yoga class 2) Yoga @home workout	Off	Strength Options: 1) 7:30pm-8:30 Box-fiit 360 @ the club 2) Box-fiit 360 @ home workout 3) Own Strength Routine

Pan Mass Challenge
BOXFIIT Training Zone

May: Training Zone (Strength, Endurance, Yoga)

FHIT FUEL: Testing Habit & Reinforcing Discipline

By now you may be learning what works for your body regarding timing and the proper amount of fuel to consume. You may start to feel that your workouts are easy or short enough that they do not require pre-fueling. It is important that as training ramps up, that you become disciplined in your practice of pre-fueling. This will ensure you have enough fuel in the tank prior to exercising since your workouts will become more and more intense. Your ramped up training schedule will cause your body to begin depleting its glycogen stores on a regular basis. This will also cause your body to fight hard to maintain adequate blood sugar levels in order to meet the demands of you increased endurance training. Glycogen is the energy stored in our muscles, the most accessible, and therefore, the first used by the body. Pre-fueling properly will ensure you don't crash and burn by way of glycogen depletion.

May is the second month of training and the focus here is to increase our activity level and start adding in the endurance element of our training regime. Depending on the weather, your endurance training can be the outdoor rides (distances listed below). Your goal is to maintain your routine and add in endurance training while maintaining your strength & core work. This is also the month where we start to get in the saddle and take our bikes outside!

Monday	Tuesday	Wednesday	Thur	Fri	Saturday	Sunday
Endurance Options: 1) 60 min Spin Class 2) Cardio or Spin @ home workout 3) 10-15 mile ride (Flat ride, maintain cadence)	Yoga Options: 1) 60 min yoga class 2) Yoga @home workout	Strength Options: 1) 7:30pm-8:30 Box-fiit 360 @ the club 2) Box-fiit 360 @ home workout 3) Own Strength Routine	Off	Off	Endurance Options: 1) 60 min Spin Class 2) Cardio or Spin @ home workout 3) Refer to Riding Schedule	Strength Options: 1) 7:30pm-8:30 Box-fiit 360 @ the club 2) Box-fiit 360 @ home workout 3) Own Strength Routine

Pan Mass Challenge

BOXFIIT Training Zone

June: Training Zone (Endurance, Yoga, Strength)

FIIT FUEL: Test, Track, & Tweak.

With longer workouts, greater energy is needed. Keep your pre-fuel routine in place and add additional energy/fuel to maintain strength during the workout. Your pre-fueling will support the first 60-90 minutes of exercise. After 90-minutes, you should continue to eat 30-60g carbohydrates for each hour of work. Again, this is the 1g carbohydrates/minute rule of thumb. Gels and liquid carbs work well as they are portable and don't require chewing. Post-fueling is imperative to replenish your glycogen stores and repair your muscles. While your body automatically will post-fuel your workout over the next 24-hours, the sooner you eat after your workout the better (within 45min if possible). This enables your body deliver the fuel to your muscles quicker and directly to the muscles that need it the most for repair, decreasing soreness and fatigue. If your diet permits, one of the best recovery beverages is chocolate milk. It contains the correct carbohydrate to protein ratio, electrolytes, vitamins and minerals. Your protein needs need to keep up with the pace of your caloric needs. You cannot train properly on a diet of only carbohydrates.

June is the third month of training and the focus here is to increase the time on the bike to work on getting comfortable with longer rides and building your confidence in the saddle. Your attention should be on your cadence and keeping a consistent rhythm no matter what the terrain is. This is where the strength and core training from April and May will come into play and you should begin to see the benefits of your new found strength as the length of the rides increase throughout the month of June.

Mon	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF	Yoga Options: 1) 60 min yoga class 2) Yoga @home workout	Strength Options: 1) 7:30pm-8:30 Box-fiit 360 @ the club 2) Box-fiit 360 @ home workout 3) Own Strength Routine	Endurance Options: 1) 60 min Spin Class 2) Cardio or Spin @ home workout 3) 10-20 mile ride (Flat ride, maintain cadence)	Yoga Options: 1) 60 min yoga class 2) Yoga @home workout	Endurance Refer to Riding Schedule	Endurance Refer to Riding Schedule

Pan Mass Challenge BOXFIIT Training Zone

July: Training Zone (Endurance, Yoga, Strength)

FHITFUEL: The Final Countdown

By now you should be in a routine of fueling prior to & after your workouts. You will find that you are expending more energy and need to increase your daily consumption to match this. Remember that every bite you take contributes to your net gain or loss. You are fueling a training program, not exercising so that you can indulge in less-healthy foods. Consider making your refuel, the next meal scheduled for that day. If you're training in the morning, make the refuel a full breakfast instead of a snack. Keeping the routine not only prepares your body, but your mind. It becomes accustomed to eating specific items in appropriate amounts at certain times. Neither now nor next month is the time to try something new, unless you are having trouble finding what works for you. You will also begin to notice how sensitive your performance is to how much rest you are getting. Pay attention so you can use what you learn about resting your body during the week of the race.

July is the Last month of training and your focus is being ready for a two day ride by the end of the month. Your attention should be on getting on two rides in on the weekend & focusing on stretching and the recovery phase after the long rides during the week. We will still be working in one day of strength training to keep the body strong.

Mon	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off	Yoga or Pilates Options: 1) 60 min yoga class 2) Yoga @home workout	Strength Options: 1) 7:30pm-8:30 Box-fiit 360 @ the club 2) Box-fiit 360 @ home workout 3) Own Strength Routine	Endurance Options: 1) 60 min Spin Class 2) Cardio or Spin @ home workout 3) 10-20 mile ride (work on hills, changing gears, getting in and out of the saddle)	Yoga or Pilates Options: 1) 60 min yoga class 2) Yoga @home workout	Endurance Refer to Riding Schedule	Endurance Refer to Riding Schedule

