



**WEIGHT LOSS**

# INTRODUCTION

If you have opened this guide and are genuinely interested in weight loss then you are probably interested in improving one of the following:

- Your appearance
- Your health
- Your fitness level

Whatever you want to achieve, the information in this guide will help you to do two things.

First it will help you answer the questions - “What should I do?”, “When should I do it?”, “How can I stay on track?”, “Who can help me succeed?”, and most importantly “Why am I doing this?”

Second, it will teach you some practical steps to knowing what to do, when to do it and how to stay on track. This information has been gained from experience with thousands of exercisers and many elite athletes.

The basics of fat loss are simple. You lose fat by expending more energy than you consume. The simplest way to make sure that you achieve a healthy weight is to make sure you eat healthily without taking in more calories than you need AND you make an effort to expend more calories through physical activity or fitness training.

This guide consists of four sections:

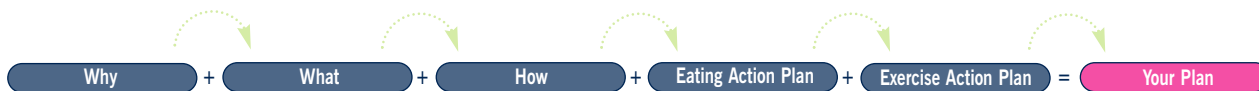
**Section 1: Your Plan** gets you to ask the questions, “Why am I doing this?”, “What do I want to get out of it?” and “How am I going to do it?” and helps you to create an action plan.

**Section 2: Exercise Guidance** does exactly what it says. It gives guidance about exercising, stretching, warming up and cooling down.

**Section 3: The Training** is a training guide designed by Olympic rowing coach Terry O'Neill to allow you to improve your fitness and help you lose that fat.

**Section 4: Healthy Habits** is full of ideas that will help you with creating a healthy diet, what foods are recommended and what should be avoided, and some lifestyle suggestions to help you maximise the programme.

This guide does not however provide you with a quick fix. Fad diets may help you lose fat quickly but that fat almost always comes straight back. We think of this as the slim slow plan. This allows you to change your lifestyle, learn habits that make your lifestyle healthier and continue with this healthier lifestyle.



## **SETTING THE SCENE** - the thinking approach to fat loss

Like every diet/weight loss guide this works on the premise that you lose weight by expending more energy than you consume. Where this differs though is that it helps you turn your thoughts about “what to do” into an action plan that answers two important questions. “Why am I doing this?” and “How can this work for me?”

To help you we will identify times that it will be difficult to stick to your healthy habits; situations that are more likely to break the positive habits and techniques for minimising the effect of these times.

To help you change the way you look, feel and perform, this guide will help you through a three stage process.

1. Help you create a thorough and powerful PLAN
2. DO the things you set out to do more consistently; and
3. REVIEW progress and create an improved plan based on what you have learned.

Reviewing your progress along the way is key to continued improvement. It is very important that you are gentle with yourself when you are reviewing your progress. A review is not a time for perfectionism, blame or regrets, but a time for honesty, learning and then planning for the future.

The more you learn from each mistake the better your chances of long term success and the more powerful your plans for the future will be. Only by having organised and planned times to review progress will you have a proactive means of keeping yourself on track.

Following this PLAN-DO-REVIEW structure is the key to getting the most from this guide. However, there are three ways you can use the content to suit yourself.

1. If you are the impatient type and just want to get into some exercise then go straight to Section 2, find out about training then go to Section 3 and do your first training session. When you have finished that, make note of what you have done and then continue reading this guide and make some plans.
2. If you are really keen to get started but are more considered and reflective then read through the next section, create your action plan then put it into action.
3. If you feel that neither of these fits your personality then you should read through the whole guide at your own pace, then come back to it and use the tools and information that seem to make the most sense to you.

In this guide there are quite a few templates for you to fill in. These are also available on the Concept 2 website where you can download them and use them time after time.

### **We believe that.....**

If you want to be slim you have to behave like a slim person.

To be healthy you have to do healthy things.

If you want to be fit you have to adopt the behaviours of a fit person.

# Why are you doing this?

Goal setting is nothing new and you've probably set yourself goals in the past. The more clearly you understand WHY it is important for you to be successful and WHAT results you're striving for, the easier it will be for you to stick with each step of the journey (HOW). It is important to get your WHY, WHAT and HOW goals clear. Once you understand the importance of these goals to you it is time to set aside 15 to 20 minutes to work through the following goal setting steps and see if you are really ready to change.



## Setting your WHY goals

Take some time over this and consider "Why do I want to change".

Exercise can be uncomfortable and losing weight is not easy so you need a clear reason to make the change. You need to have a clear vision of the future that helps to drive you through the difficult times. Your reason needs to trigger an emotional response if it is to be really effective.

Your reason does not have to be complex and may seem trivial to others but it is what is important to you that counts. It needs to be personal and important enough to you to give you the kick up the backside that we all need from time to time.

To achieve excellent results, it is vital to be really honest with yourself.

People's motivation tends to fall broadly into two categories;

Fear of failure - the desire to avoid something happening, or

Desire for success - achieving a positive goal.

Think about what motivates you. Are you inspired by positive opportunities, or more likely to do things out of fear? Do you need kicking into action, or do you prefer to be encouraged?

Most people's goals fall into three categories;

- 1. To LOOK different e.g. lose weight because you dislike how you look.
- 2. To FEEL different e.g. feel more confident about yourself.
- 3. To PERFORM different e.g. be able to play more energetically with your children.



[illegible]

*This space is for you to fill it with words, a picture, or a 'before' photograph!*



# What do you want to achieve?

Now that you have identified WHY you want to change it is time to identify what you want to change, and how you will know if you have changed.

Your WHY goals will keep pushing you forward, but WHAT are the results you want? These are your ACHIEVEMENT goals - the tangible things that you'll be able to see, feel or experience and take pride in.

**In WHAT specific ways do I want to look/feel/perform differently?**

What is my picture of perfection? What would give me a 10/10 result? If I imagine myself one year from now, what will I have changed?

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**This is your ultimate achievement goal!**

But, before you move on to the next section.....

Achieving your goals is rarely an all-or-nothing thing. Setting black and white goals is not always helpful as it sets you up to either fail or succeed. With reality in mind use your WHAT goal to create three levels, GOLD, SILVER and BRONZE. Each is a goal but they will give you different levels of satisfaction.

**GOLD** goals are your ideal result... if everything goes 100% perfectly what do you think you can achieve.

**My GOLD goals are...**

.....

.....

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.....

I will have succeeded in achieving the GOLD standard when...

.....

I will measure improvements by....

.....

The landmarks along the way that will indicate that I am on the GOLD path are....

.....



**SILVER** goals will give you a lot of satisfaction, will be well worth achieving and you will know that the time has been really well spent. If things go OK most of the time, perhaps with the occasional hiccup, what do you think is achievable?

**My SILVER goals are...**

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I will have succeeded in achieving the SILVER standard when...

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I will measure improvements by...

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The landmarks along the way that will indicate that I am on the SILVER path are....

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**BRONZE** goals represent the minimum effort and outcome you will expect from yourself. If you struggle and sticking to your plan proves difficult, what is the bare minimum you are willing to accept?

**My BRONZE goals are...**

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I will have succeeded in achieving the BRONZE standard when...

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I will measure improvements by...

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The landmarks along the way that will indicate that I am on the BRONZE path are....

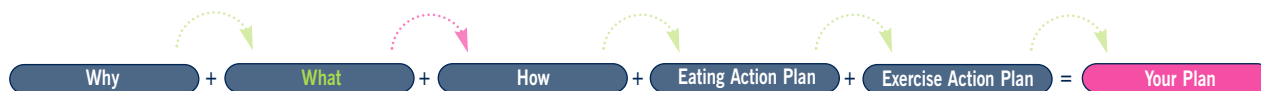
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You will probably find your mind fighting to return to the all-or-nothing approach. Please fight this tendency towards "All Good" or "All Bad". In reality things don't always go exactly to plan, so control what you can, when you can, by having these gold/silver/bronze goals in place to guide you.

Remember - these are your goals, please set them for yourself from your point of view, not the way you think other people would want you to answer. It is your life and these are your choices. By creating an achievement plan in this way and making clear choices about what you want, you are more likely to generate the levels of commitment necessary to execute your action plan....

### Trust the process:

This mind-set is one that we have learnt from elite sports people - if you want to be successful you will need to TRUST the route you have chosen to reach your destination. You need to trust that the BEHAVIOURS you choose will lead to the BENEFITS you desire.







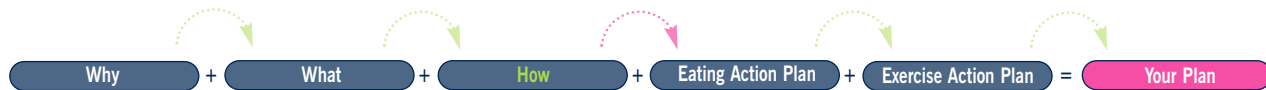
You should now be building up a clear picture of how your goals will link together to develop a powerful action plan. The trick is to know and trust that by sticking to it on a consistent basis, you will be giving yourself the best possible chance of making your gold achievement goal reality. This action plan will consist of the healthy habits that you will be focussing on Doing from day to day and week to week.

One of the keys to sustainable success is that you can clearly link this ACTION plan with your ACHIEVEMENT plan and that you frequently remind yourself that by repeatedly doing the things on your HOW plan, you will give yourself the best possible chance of achieving WHAT you want to.

The first thing to do is to identify some healthy habits goals

Doing these things more often than not is likely to be the corner stone of your success. But, are they going to be enough? Do you really believe that by doing these things consistently you are going to achieve your gold goal? If the answer is yes, then you need to move on to the next section. However, if you are not 100% sure that these alone will achieve success you will need to add some more things to the action plan. If you have no idea what you need to change skip to the healthy habits section at the end and see if there is anything there that strikes a chord with you.

You probably know the key behaviours and choices that will lead you towards success. These might even be the things that have led you in the wrong direction over recent years! Before you go any further, write down the three or four most important things that you need to DO in order to reach achievement goals you have set out.

[illegible]

Now back to energy balance. To lose weight you need to take in fewer calories than you use up. How are you going to do this?

[illegible]



Next to each of these actions write how willing/committed you are to making this change to your lifestyle.

To achieve success I would like to STOP doing the following

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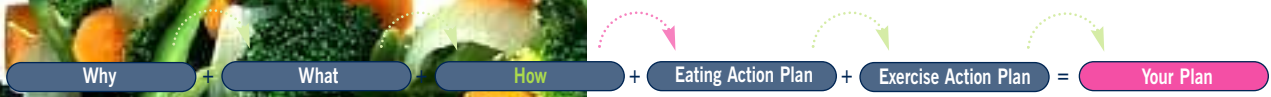
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If the score you give yourself is below 8 out of 10 you either cross it off your list or choose to make it more important! It's up to you, but if your commitment is not at 9 or 10 out of 10 then you are unlikely to do it! Remember, there are no rights and wrongs. You just have choices and whichever choices you make will have consequences.

My **EATING ACTION PLAN** for taking in less energy through food and drink is to ...

...../10

...../10

...../10

...../10

...../10

My **EXERCISE ACTION PLAN** for using up more energy through physical activity is to ...

...../10

...../10

...../10

...../10

...../10

## Having the right attitude

You should now have an **ACHIEVEMENT** plan (Why and What) with gold, silver and bronze levels of achievement, and an **ACTION** plan (How). Between them they should provide answers to the following questions...

- **WHY** do I want to lose weight?
- **WHAT** specifically am I striving to achieve?
- **HOW** am I going to take in less energy through food and drink? This is your eating plan.
- **HOW** am I going to "burn up" more energy through exercise and physical activity? This is your exercise plan.

Now, let's move on to the **ATTITUDE** plan. Remember, the reason most eating and exercise plans don't work is because people don't think about what they need to think about. So, we want you to answer the following questions...

Look back at your Eating Action Plan. What are the critical moments that you can identify now that could be "high risk" times/events/situations when you could go off track? e.g. eating out

1. ....
2. ....
3. ....

### Looking at High Risk Eating Issue 1...

At this time what will I say to myself?

What will I focus on? .....

What will I think about? .....

What am I going to do? .....

### Looking at High Risk Eating Issue 2...

At this time what will I say to myself?

What will I focus on? .....

What will I think about? .....

What am I going to do? .....

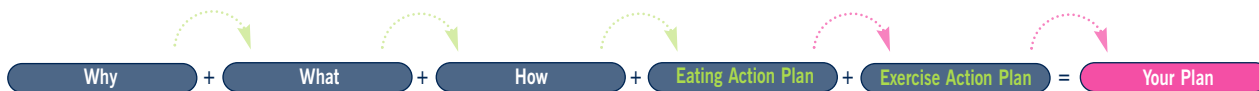
### Looking at High Risk Eating Issue 3...

At this time what will I say to myself?

What will I focus on? .....

What will I think about? .....

What am I going to do? .....



Look back at your Exercise Action Plan. What are the critical moments that you can identify now that could be "high risk" times/events/situations when you could go off track? e.g. Christmas time

1. ....
2. ....
3. ....

### **Looking at High Risk Exercise Issue 1...**

At this time what will I say to myself?

What will I focus on? .....

What will I think about? .....

What am I going to do? .....

### **Looking at High Risk Exercise Issue 2...**

At this time what will I say to myself?

What will I focus on? .....

What will I think about? .....

What am I going to do? .....

### **Looking at High Risk Exercise Issue 3...**

At this time what will I say to myself?

What will I focus on? .....

What will I think about? .....

What am I going to do? .....

## Exercise Guidelines

Before you begin your exercise programme it is important to understand and abide by the health and safety procedures associated with indoor rowing.

Indoor rowing is a safe form of exercise. If you observe a few simple safety procedures, you can sustain an effective fitness programme with minimal risk. Please check through these routine precautions for your own safety and comfort:

- It is wise to have a health check before starting a new exercise programme. Never exercise when you are unwell.
- Always warm up, cool down and stretch thoroughly before and after each exercise session.
- Take time to develop good technique on the Indoor Rower before increasing training intensity.
- When beginning an exercise programme do not over-do it. This guide takes this into account with a gradual progression. If you feel it is going too fast for you, repeat the week's training you have just done until you feel you can move on.
- Drink plenty of water during and after each session. Don't wait till you are thirsty.
- Ensure that you train at the appropriate intensity.
- Keep track of your training in this guide or get yourself a training diary. This will help you set realistic goals and targets and plan future programmes of work.

### Machine protocol

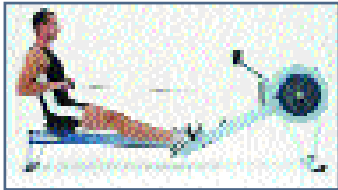
- Check the handle, seat and monorail are clean.
- Adjust the damper setting to give the correct drag factor for your work out
- Ensure that you are not wearing baggy clothes that might get caught under the wheels of the seat when you are rowing.
- Do not twist the chain or let go of the chain when you are rowing.



## Indoor Rowing Technique

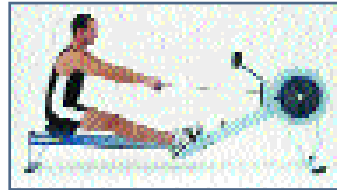
The technique shown in the pictures is both the most efficient technique for covering a given distance in the shortest time. It is also the safest technique for

avoiding injury and maximising the benefit of rowing to as many muscles groups as possible.



### The Finish

Lean back slightly, legs flat, handle drawn to the body.  
Forearms horizontal.



### Arms extend, body rocks forward.

The arms are relaxed and extended fully.  
The body rocks forward from the hips.



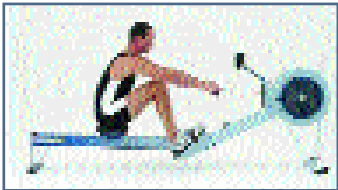
### The Slide

AFTER the arms have fully extended and the body rocked forward, slide forward maintaining arm and body position.



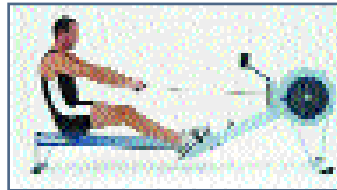
### THE DRIVE

Full Slide - The Beginning  
Shins vertical with body pressed up to the legs.  
The arms are straight and relaxed.  
The position should feel comfortable.



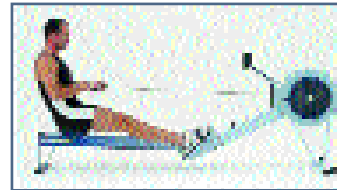
### The Start of the Drive

The legs push down and the body begins to lever back.



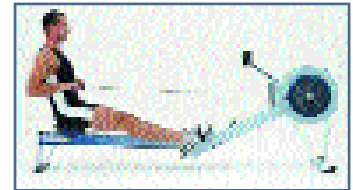
### The Finish

Lean back slightly, legs flat, handle drawn to the body. Forearms horizontal.



### The Drive continued

The legs continue to push as the body levers back. The arms remain straight.



### The Finish

Lean back slightly, legs flat, handle drawn to the body. Forearms horizontal.



## Warming up and cooling down

The aim of a warm up is to prepare the athlete both physically and mentally for exercise. The heart rate is raised, the body gets hotter and the muscles become more elastic. Warm ups also make us more alert and the increased body temperature also allows nerve impulses to travel more quickly, improving reaction time.

The warm up necessary for the training session will depend on what type of work that session will involve. The lower intensity the session the less time the warm up will take. Please see the table below for an outline of warm ups for differing intensities. This will be outlined in more detail with the training programme. The warm up as a rule should be the same type of exercise as the main work of the session. It should be the light, continuous activity the duration of which should change depending on the intensity of the work. The higher intensity the work, the longer the warm up will take.

The warm up should be followed by stretching, then by the main work of your training session.

### Cooling Down

The cool down, like the warm up is a very important part of each training session. The purpose of the cool down is to aid the body's recovery from the training session by maintaining light exercise; this increases the amount of oxygen getting to the muscles. This will also displace lactic acid in the muscles and prevent blood pooling which can lead to dizziness. A good cool down should consist of 5 to 15 minutes of light continuous exercise followed by stretching.

## Stretching

The stretching that you do in the warm up and cool down has different purposes. The warm up stretching allows a slight increase in flexibility that will result in improved performance and reduce the likelihood of injury. In the cool down stretching has the purpose of helping the body to remove some of the build up of lactic acid in the muscles and to improve flexibility. For these reasons the stretching in the warm up and cool down are of different durations.

### Stretching guidelines

It is important to warm the muscles before you begin stretching. See the warm up section for durations of warm up.

Stretching should be done slowly with no jerking or bouncing movements. Move into the stretching position slowly hold it for 15 seconds for a warm up stretch or 45-60 seconds for a cool down stretch.

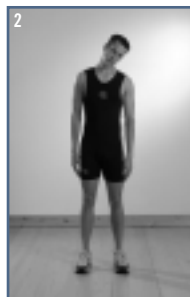
The muscle being stretched should be as relaxed as possible.

Stretching exercises are not meant to be competitive. Do not compare progress with others as overstretching can cause injury. If you are already over flexible then you should not include stretching in your training programme.

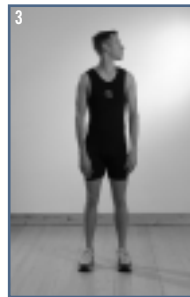
Although the aging process brings about stiffness and increasing lack of mobility, regular stretching programmes, especially yoga can bring about great improvements.



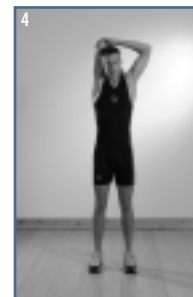
**Neck extensors** - flex the chin to the chest.



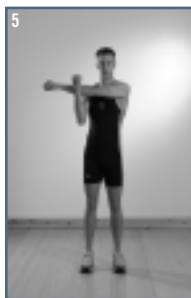
**Scalenes** - facing forwards, bring the ear towards the shoulder taking care not to lift the shoulder.



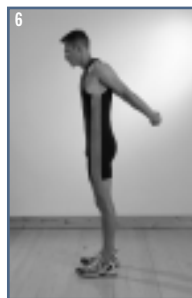
**Upper Trapezius** - turn the head to look over the shoulder, take care not to turn the body.



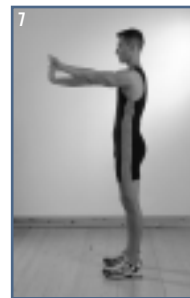
**Triceps** - place your right hand behind your neck. Use the left hand to apply pressure to the elbow, drawing the elbow behind the head. Ensure shoulders are relaxed.



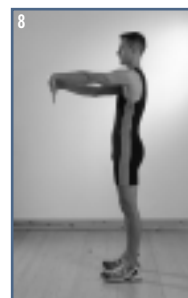
**Deltoids** - reach across the front of the body, using the other arm to draw the arm across. Ensure that the shoulders are kept low.



**Pectorals/Biceps** - stretch both arms behind you, keeping the elbows straight and the thumbs pointing upwards. Ensure that you do not bend forwards.



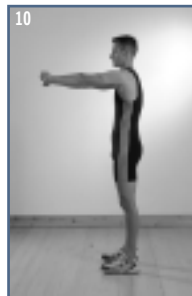
**Wrist flexors** - with the elbow straight, use the left hand to apply the stretch by drawing the palm away from the floor, keeping the fingers straight.



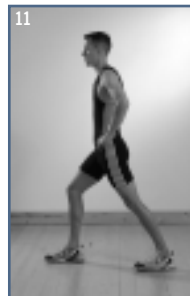
**Wrist extensors** - with the elbow straight, use the left hand to apply the stretch by bending the wrist, bringing the palm towards the floor, keeping the fingers straight.



**Trunk stretch** - standing with feet shoulder width apart, stretch right arm up towards the ceiling and over to the left, keeping the body in one plane.



**Rhomboids** - standing with feet shoulder width apart, hold your left hand with your right hand out in front of you, keeping your arms horizontal. Reach forwards, keeping the body upright, until you feel a stretch between your shoulder blades.



**Gastrocnemius and Soleus** - stand astride, stretch forward over the front leg, keeping the knee over the foot. Keep the back knee straight, keep both heels in contact with the floor.



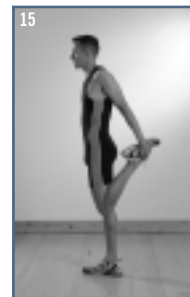
**Achilles** - as for the Gastrocnemius and Soleus but bend the back leg bringing the knee towards the floor, keeping the heels on the floor.



**Hip flexors Psoas/Quadriceps** - stand astride, stretch forwards, dropping the left knee towards the floor, allowing the heel to raise. Keep the body upright.



**Abductors** - stand astride, with feet parallel, keep the left leg straight, bend the right knee and stretch until the knee is over the right foot.



**Quads** - keeping your inner thighs and knees together push your left foot into your hand and push the hips forward



**Hamstrings, Gastrocnemius and Soleus** (straight leg) and **Soleus** (bent leg) - stand astride with your front foot resting on your heel with your toes pointing upwards. Stretch forward over the front leg bending your back knee, keeping the heel in contact with the floor. Use your arms to support your weight on your bent knee. Keep your back flat and head up.

17



Hamstrings - sit on the floor, bend the left knee and slide heel towards the right inner thigh. Keep your back straight and flex from the hip, moving your torso towards the right thigh.

18



Hamstrings - lie flat on the floor, lift the left leg with the knee bent until the thigh is at a right angle to your body. Holding around the thigh, gently straighten the leg until you feel the stretch. The right leg should be bent with foot flat on the floor.

19



Hamstrings - keeping the back flat, reach over towards the right foot, feeling the stretch in the back of the right thigh.

20



Glutes/Piriformis - lie flat on your back with the right knee bent. Place the left heel on the right knee. Take hold around the right thigh and draw up towards your chest.

21



Rhomboids and Latissimus Dorsii - kneel on all fours, arms straight in front and spread slightly apart. Lower your chest to the floor, keeping the pelvis still.

22



Erector Spinae - lie on your back with knees bent; feet on the floor, grasp around your knees and pull your thighs towards your chest.

23



**Pectorals, Obliques & Hamstrings** - lie on your back with your arms out to the sides. Bend the right knee and move it to the left. Gently straighten the right knee until you reach the point of tension. Keep the head, shoulders and arms flat on the floor.

24



**Pectorals, Obliques & Glutes** - as previous stretch but grasp the right knee with the left hand and gently let it rotate across the body and onto the floor. Keep the head, shoulders and arms flat on the floor.

25



**Rectus Abdominus** - lie face down, place your hands under your shoulders, fingers pointing forwards. Straighten your arms gently until you feel resistance. Stretch your shoulders and chin forward.

26



**Piriformis, Buttock & Lateral Torso** - sit upright, place your left foot flat on the floor and place the right elbow behind the left knee. The left hand should provide support behind the body. Twist your upper body towards the left hand.

## Training Information

By the time you get to this section you will already have your action plan and you will know what you want to get out of your exercise plan and eating plan. Now it is time to put it all into practice. The first two weeks of the programme are outlined with the warm ups, stretches and recommendations for the days that you are not using the rowing machine. After that the training sessions are outlined in a set of tables and you will be able to work through them yourself. Each table has a recommended warm up to go with each session as well as the stretching section to get a good all round session.

Although we are aware that there are seven days in the week we have only outlined things to do on four days. Three training days and one recovery day. The reason for this is to give you control over when you exercise and when you do not. To get the most benefit from the training you need to get all three training days into the week. Try not to do them on successive days as this will mean that there are four recovery days between sessions which will reduce the effect of the training. On the days that you are not doing one of the training day sessions do the recovery day session - this will help you to recover from the training more quickly and will also help to maintain your energy expenditure.

If you feel that you are not doing enough exercise then that is really easy to remedy. The three training sessions are set as a minimum but if you want to do more then simply complete the three sessions, then start again. We would recommend that you always have one recovery day per week, and if you are feeling really stiff or sore that you have another recovery day.

Through out the training pages you will see that we refer to the intensity of the training as UT2, UT1, AT, TR and AN. These refer to the percentage of your maximum heart rate you should be training at. Don't worry if you do not have a heart rate monitor and do not know what your maximum heart rate is, simply use the table below.

Training Band	RPE	Exertion	%MHR
	0	At rest, lying down	
	1	Very light activity, working at a desk	
UT2	2	Gentle walking	
UT2	3	Brisk Walking, able to chat comfortably	55-70
UT2	4	Fast paced walking, able to talk	
UT1	5	Harder breathing required	
UT1	6	Only just able to maintain conversation	70-80
AT	7	Sweating hard, unable to maintain conversation	
AT	8	Breathing more than once per stroke	80-85
TR	9	Only able to give single word answers	85-95
AN	10	Maximum intensity	95-100

**RPE - rate of perceived exertion**



# Week 1

## Week 1 goals:

How many training sessions will I complete this week:

Gold Goal:              Silver Goal:              Bronze Goal:

What exercise habits am I going to focus on. To be on target for my

Gold Goals I will: .....

Silver Goals I will: .....

Bronze Goals I will: .....

What healthy eating habits am I going to focus on. To be on target for my

Gold Goals I will: .....

Silver Goals I will: .....

Bronze Goals I will: .....

**Training Day 1:** Familiarise yourself with good technique on the Indoor Rower.

Warm up: 5 minutes light rowing, developing the stroke as shown in the technique section, then 3 minutes continuous light rowing.

Total: 8 minutes

Stretches: Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 15-20 seconds.

Training session: 2 x 10 minutes UT2 rowing.

(10 minutes rowing at UT2 heart rate or hard enough that you are breathing heavily but can still have a conversation. 2 minutes rest then repeat the 10 minutes rowing. Try and get the same average split for both rows.)

Stretching: This will help to reduce muscle soreness the next day and will help develop flexibility and reduce the likelihood of injury. Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 45-60 seconds.

**Training Day 2:** Warm up: 5 minutes light rowing, developing the stroke as shown in the technique section, then 3 minutes continuous light rowing.

Total 8 minutes

Stretches: Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 15-20 seconds.

Training Session: 2 x 11 minutes UT2

(11 minutes rowing at UT2 heart rate or hard enough that you are breathing heavily but can still have a conversation. 2 minutes rest then repeat the 11 minutes rowing. Try and get the same average split for both rows.)

Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 45-60 seconds.

**Training Day 3:** Warm up: 5 minutes light rowing, developing the stroke as shown in the technique section, then 3 minutes continuous light rowing.

Total 8 minutes

Stretches: Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 15-20 seconds. Training Session: 2 x 12 minutes UT2 with 2 minutes rest between.

Stretching: Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 45-60 seconds.

**Recovery Day:** You will probably feel stiff after the training sessions so take an opportunity to have a light day. Take a 15 minute walk and then do some stretching. This will help your flexibility and reduce the feelings of stiffness. Do stretches X Y & Z and hold for one minute each.

Don't worry - after the first week you will not feel stiff after training as your body will adapt to your new found exercise levels.

### Week 1 Review:

Something I have noticed that has moved me closer to my goals is....

Things I have done well this week are....

- 1
- 2
- 3
- 4

Things I will strive to do better next week are.....

- 1
- 2
- 3
- 4

## Week 2

### Week 1 goals:

How many training sessions will I complete this week:

Gold Goal:              Silver Goal:              Bronze Goal:

What exercise habits am I going to focus on. To be on target for my

Gold Goals I must: .....

Silver Goals I must: .....

Bronze Goals I must: .....

What healthy eating habits am I going to focus on. To be on target for my

Gold Goals I must: .....

Silver Goals I must: .....

Bronze Goals I must: .....

**Training day 1:** Warm up: 5 minutes of light rowing working on technique, then three minutes of continuous light rowing to get the heart beating and the body warm.

Stretches: Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 15-20 seconds.

Training session: 2 x 15 minutes UT2 with 3 minutes rest in between.

Recovery Stretching: Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 45-60 seconds.

**Training Day 2:** Warm up: 5 minutes of light rowing working on technique, then three minutes of continuous light rowing to get the heart beating and the body nice and warm.

Stretches: Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 15-20 seconds.

Training session: 1 x 30 minutes UT2

Recovery Stretching: Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 45-60 seconds. Training Day 3:

Warm up: 5 minutes of light rowing working on technique, then three minutes of continuous light rowing to get the heart beating and the body nice and warm.

Stretches: Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 15-20 seconds.

Training session: 1 x 30 minutes UT2

Recovery Stretching: Stretch all major muscle groups using the stretches outlined

in the stretching section. Hold each stretch for 45-60 seconds.

**Recovery Day:** By the second week you should not be feeling quite as stiff and tired as the first week but it will still help you with your overall goals if you continue with an active lifestyle. Try and go for a slightly longer walk, bike ride or swim then stretch for about 20 minutes. Try and get through all of the stretches in this guide at least once, holding each for 60 seconds.

### Using your Rest

When doing an interval session you are presented with some time when you are not working out. This can be used productively to:

1. Drink some water
2. Stretch any muscles that might be feeling tight - hamstrings, quads, back and calves are the most likely
3. Row lightly to help remove lactic acid

### Week 2 Review:

Something I have noticed that has moved me closer to my goals is....

Things I have done well this week are....

1

2

3

4

Things I will strive to do better next week are.....

1

2

3

4

## Weeks 3-6

Don't forget to set your goals. Go to [www.concept2.co.uk/weightloss](http://www.concept2.co.uk/weightloss) for a goal setting sheet, or create your own and stick it somewhere visible, above your desk at work, on the fridge or on the steering wheel of your car.

Warm up for all UT2 sessions should be:

5 minutes of light rowing working on technique, then three minutes of continuous light rowing to get the heart beating and the body warm.

Pre-training session stretching: Stretch all major muscle groups using the stretches out lined in the stretching section. Hold each stretch for 15-20 seconds.

Week	Training Session 1	Training Session 2	Training Session 3
3	2 x 20 minutes with 4 minutes rest	40 minutes continuous	2 x 25 minutes with 5 minutes rest
4	2 x 12 minutes with 2 minutes rest	2 x 13 minutes with 2 minutes rest	2 x 14 minutes with 2 minutes rest
5	2 x 20 minutes with 4 minutes rest	40 minutes continuous	2 x 25 minutes with 5 minutes rest
6	45 minutes continuous	50 minutes continuous	60 minutes continuous

All training sessions in this phase should be conducted at UT2 intensity please refer to the table on page 19 for more information about training intensities.

Note: Week 6 sees a large increase in the volume of training in one session. This should be treated with respect, you will be able to do it, but only if you approach it as a 45, 50 or 60 minute session and do not set off at the same pace you would do for 20 mins.

Post-training Stretching: Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 45-60 seconds.

**Recovery Days:** Over the four weeks try and increase the amount of activity that you do during the week. This should be done in a way that is not a chore for you to do. Arrange to go for a walk with friends, go for a bike ride, play tennis or football with the kids, and make sure that you have some good quality relaxation. These are only suggested ways that you might increase your activity levels and you might find that something else works for you. If so visit the Concept 2 forum and tell us about it. Visit [www.concept2.co.uk/forum](http://www.concept2.co.uk/forum)

Don't forget to review your progress this week. Go to [www.concept2.co.uk/weightloss](http://www.concept2.co.uk/weightloss) for a weekly review sheet, or create your own, BUT make sure you do it.

## Weeks 7-12

Don't forget to set your goals. Go to [www.concept2.co.uk/weightloss](http://www.concept2.co.uk/weightloss) for a goal setting sheet, or create your own.

During this Phase the intensity increases to UT1. For more information about training zones please see page 19 or [www.concept2.co.uk/training](http://www.concept2.co.uk/training)

**Warm up:** 5 minutes of light rowing working on technique, then 5 minutes of continuous light rowing to get the heart beating and the body nice and warm.

Pre-training session stretching: Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 15-20 seconds.

**Post-training Stretching:** Stretch all major muscle groups using the stretches outlined in the stretching section. Hold each stretch for 45-60 seconds.

**Recovery sessions:** Try and make an effort to increase your activity level further in the recovery days, maybe even drop in a lighter session on the Indoor Rower during one of the days that you do not have a training session. Use this to embed better technique.

Week	Training Session 1	Training Session 2	Training Session 3
7	2 x 10 minutes with 2 minutes rest	2 x 11 minutes with 2 minutes rest	2 x 12 minutes with 2 minutes rest
8	2 x 15 minutes with 2 minutes rest	2 x 16 minutes with 3 minutes rest	2 x 18 minutes with 3 minutes rest
9	2 x 20 minutes with 3 minutes rest	4 x 10 minutes with 2 minutes rest	3 x 15 minutes with 2 minutes rest
10	2 x 12 minutes with 2 minutes rest	2 x 13 minutes with 2 minutes rest	2 x 14 minutes with 2 minutes rest
11	2 x 20 minutes with 3 minutes rest	3 x 14 minutes with 2 minutes rest	4 x 12 minutes with 2 minutes rest
12	3 x 17 minutes with 3 minutes rest	3 x 18 minutes with 3 minutes rest	4 x 15 minutes with 2 minutes rest

Don't forget to review your progress this week. Go to [www.concept2.co.uk/weightloss](http://www.concept2.co.uk/weightloss) for a weekly review sheet, or create your own.

## Weeks 13-18

Don't forget to set your goals. Go to [www.concept2.co.uk/weightloss](http://www.concept2.co.uk/weightloss) for a goal setting sheet, or create your own.

Warm up: 5 minutes of light rowing working on technique, then 5 minutes of continuous light rowing to get the heart beating and the body warm for the UT1 sessions, and 7 mins continuous rowing for the AT sessions.

Pre and post exercise stretching as weeks 1 to 12.

Recover training: Now that you have completed three months of training you should feel that your fitness has really improved, you should have felt some really good changes to your body, you will have lost some of the fat and built some muscle. In order to continue the process you can add a few 20 to 60 minute UT2 rows into your recovery days. These will help you to further develop your fitness and will also help with the continued weight loss. If you decide not to row on your recovery day then try something else like the elliptical trainer in the gym, go swimming, play football, tennis, basketball or if you have the chance go mountain biking. These are all the behaviours that you are trying to adopt, you may think - those are the sort of things that fit people do, that is true, but now you are a fit person so get out there.

Week	Training Session 1	Training Session 2	Training Session 3
13	2 x 6 minutes AT with 3 minutes rest	2 x 12 minutes UT1 with 2 minutes rest	2 x 8 minutes AT with 4 minutes rest
14	3 x 6 minutes AT with 3 minutes rest	2 x 18 minutes UT1 with 3 minutes rest	2 x 7 minutes AT with 3.5 minutes rest
15	4 x 6 minutes AT with 3 minutes rest	3 x 15 minutes UT1 with 2 minutes rest	3 x 9 minutes AT with 4 minutes rest
16	3 x 6 minutes AT with 3 minutes rest	2 x 14 minutes UT1 with 2 minutes rest	3 x 8 minutes AT with 3 minutes rest
17	4 x 7 minutes AT with 3.5 minutes rest	4 x 12 minutes UT1 with 2 minutes rest	4 x 8 minutes AT with 3 minutes rest
18	4 x 9 minutes AT with 4 minutes rest	4 x 15 minutes UT1 with 2 minutes rest	4 x 10 minutes AT with 3 minutes rest

Don't forget to review. Go to [www.concept2.co.uk/weightloss](http://www.concept2.co.uk/weightloss) for a weekly review sheet, or create your own

## Weeks 19- 24

Don't forget to set your goals for each week.

Go to [www.concept2.co.uk/weightloss](http://www.concept2.co.uk/weightloss) for a goal setting sheet, or create your own.

Warm up: 5 minutes of light rowing working on technique, then 5 minutes of continuous light rowing to get the heart beating and the body warm for the UT1 sessions, and 7 minutes continuous rowing for the AT sessions, and 10 minutes continuous rowing for the TR sessions.

Pre and post exercise stretching as weeks 1 to 12.

Recovery training: Continue using the recovery days to lead an active lifestyle. Why not look on the Concept 2 website and find out about doing a half marathon on the rowing machine. What about considering a cycling break for your next holiday, or trying a sport that you have not done since school? Go hiking, ride your bike, buy some rollerblades and try not to break your legs, start running and enter a 10km race. As you read these suggestions you might be thinking that those are far beyond your capabilities, but remember you are now a fit and active person, and are likely to be well on the way to achieving the goals that you set out in your action plan.

Don't forget to review your progress. Go to [www.concept2.co.uk/weightloss](http://www.concept2.co.uk/weightloss) for a weekly review sheet, or create your own

Week	Training Session 1	Training Session 2	Training Session 3
19	2 x 12 minutes UT1 with 2 minutes rest	2 x 6 minutes AT with 3 minutes rest	2 x 5 minutes TR with 2.5 minutes rest
20	2 x 18 minutes UT1 with 3 minutes rest	3 x 6 minutes AT with 3 minutes rest	3 x 4 minutes TR with 2 minutes rest
21	3 x 15 minutes UT1 with 2 minutes rest	4 x 6 minutes AT with 3 minutes rest	2 x 6 minutes TR with 3 minutes rest
22	2 x 14 minutes UT1 with 2 minutes rest	3 x 6 minutes AT with 3 minutes rest	5 x 2 minutes TR with 1 minutes rest
23	4 x 12 minutes UT1 with 2 minutes rest	4 x 7 minutes AT with 3.5 minutes rest	4 x 3 minutes TR with 1.5 minutes rest
24	4 x 15 minutes UT1 with 2 minutes rest	4 x 9 minutes AT with 4 minutes rest	6 x 2 minutes TR with 1 minutes rest





This section is set out with a selection of healthy habits and ideas for helping you to stick to your weight loss programme. For more healthy habits visit [www.concept2.co.uk/weightloss](http://www.concept2.co.uk/weightloss)

### **Lose weight slowly.**

Experts recommend losing weight at a rate of between 1/2 -1kg (1-2lb) per week. Any faster and you risk losing muscle, depleting your glycogen stores and slowing you basal metabolic rate, which makes it more difficult to lose weight the next week. This may result in you becoming downhearted and giving up. To lose 1/2kg per week requires you to reduce your energy intake by 500kcal per day. This is equivalent to a packet of crisps and a small chocolate bar each day or 55g of fat per day.

### **Eat little and often**

Eating five or six smaller meals per day, or eating three small meals and having a couple of larger healthy snacks, will help to maintain your energy levels, prevent hunger pangs and will help you to avoid fat storage. Try and do some exercise, a light jog, walk, or cycle before breakfast to really kick start your body, this will really help with the weight loss without feeling hungry.

### **Breakfast Ideas:**

Breakfast should be one of your larger meals of the day, but avoid the temptation to have a big fry up! Try a smoothie made with fruit, fruit juice, water and ice and maybe some ginger to start the day, with a bagel or some cereal but try and avoid having wheat for breakfast every day as it is hard to digest. Having a smoothie for breakfast starts you on the right path for the day with some of your five pieces of

fruit and some of your required fluid for the day!

### **Lunch Ideas:**

Try and eat lunch at the same time every day and avoid the temptation to go for the sandwiches with mayonnaise and cheese as most of the energy from these comes from fat. If it is possible try and make your own lunch so you know exactly what has gone into it and can make it as interesting as possible without making it too fatty. Try a pasta, couscous or rice salad instead of sandwiches a couple of days a week, or vegetables with a low fat dip like tzatziki (available from all major supermarkets) as an alternative to your normal lunch.

### **Dinner Ideas:**

Try and eat your dinner at least two hours before going to bed, this will allow most of the digestion process to take place before you fall asleep. This should be the lightest of your meals of the day. Try and avoid red meat or other high acid foods. Try and eat some green vegetables like spinach or broccoli. A good idea for making your meals more interesting is flavouring them with herbs and spices instead of fatty options like salad dressings, cheese and mayonnaise. Have some fruit salad or low fat natural yoghurt for dessert.

### **Snacks:**

This is where it gets difficult. Most snacks you are probably used to are high in fat, like chocolate or crisps, try and avoid these, and go for something low fat like fruit. Be wary of low fat snack bars, and check to make sure that they are also low in sugar as most make up for the fact that they are low in fat by adding flavour with sugar, which just adds empty calories.

Beware of boredom snacking and only have a snack when you are actually hungry, but do snack if you are hungry as it helps to keep your blood sugar levels constant and so will help to keep you alert through the whole day.

### **Eating Out:**

Eating out can be difficult but it is not impossible to maintain your healthy diet. Try and opt for grilled or roasted poultry or game but avoid fatty sauces where possible. Try steamed or grilled fish or seafood but again avoid fatty sauces. Go for lightly stir fried, steamed or boiled potatoes and only have fried foods if they are flash fried not deep fried. Don't be tempted to eat all the bread rolls at the table, especially not with all the butter as well.

### **Eat five pieces of fruit and vegetables a day**

Eating five portions of fruit and vegetables a day is very important for two reasons.

1. Fruit and vegetables provide valuable nutrients, including antioxidants, and fibres. Fruit and vegetables are described as Nutrient Dense because they are contain a nutritionally valuable vitamins and minerals in a relatively small package of energy.
2. They are also ideal as snacks. When you really want a bag of crisps or a bar of chocolate replace it with an apple or banana. Not only will it reduce your calorific intake it will also provide valuable nutrients and minerals. Avoiding crisps will help to reduce your salt intake and, after a couple of days of replacing crisps and chocolate with fresh and dried fruit or nuts, you should not miss them any more.

### **Drink 2 litres of fluid a day**

Our bodies are approximately 60% water for men and 55% water for women. Therefore, consuming 2 litres of fluid per day, especially water, is vital for maintaining good health. 2 litres of fluid is just over 8 half pint glasses. Your daily intake can include tea, coffee and soft drinks, but avoid relying too heavily on drinks containing caffeine (e.g. coffee, tea and colas) as they are mildly diuretic (remove water from the body) and will only temporarily quench your thirst.

Drinking plenty of water will help to maintain your energy levels. Becoming dehydrated will result in a drop in both mental and physical performance. Drinking water also helps to offset the feelings of hunger you may experience if you are cutting your energy intake following a weight loss programme. Note: try to avoid full sugar fizzy drinks and squashes, try and replace these with fruit juice or diet drinks to help you reduce the calories further. - a 330ml can of Diet Coke has 138kcal less calories than regular Coca Cola.

### **Consume something from each food group each day**

A balanced diet should consist of 60% of calories from carbohydrate, - e.g. fruit, vegetables, pasta, beans, potatoes, bread..., 20% of calories from protein, - e.g. meat, dairy product, pulses, nuts and a small amount in bread, potatoes and pasta, the last 20% of the daily calorific intake should come from fat. The body needs fat to function properly, it is a valuable energy source and without it the body cannot produce healthy skin, sex hormones or protect its internal organs. The minimum percentage of energy from fat in a healthy diet is 10%. The average energy intake from fat is 37%.

### **Working out what percentage of energy comes from fat:**

Each gram of fat contains 9kcal of energy (each gram of carbohydrate contains 3.75kcal and each gram of protein contains 4kcal). So if it helps you to think of your diet in terms of weight; your diet should work out at 70% carbohydrate, 20% protein and only 10% fat.

Choose high fibre, filling foods

Eating high fibre foods like wholegrain breakfast cereals, wholemeal bread, brown rice, wholemeal pasta, potatoes, beans and lentils and fresh fruit, helps to fill you up and you stay hunger free for longer than their processed alternatives. Eating white bread, white rice processed cereals causes your blood sugar levels to rise quickly and you feel hungry very soon after eating.

### **Milk and Dairy foods**

Milk and dairy produce are a valuable source of both calcium and protein in the diet. Calcium is a very important mineral, essential for building healthy bones which will help to prevent osteoporosis in later life. This food group includes milk, cheese, butter, yoghurt and fromage frais. To reduce your calorie intake choose skimmed or semi-skimmed milk, only have a small portion of cheese if at all and choose low fat yoghurt or fromage frais.

### **Fat**

Fat is very important in the diet and can actually stop you feeling hungry, but it needs to be in small quantities and it also needs to be the right type of fat. Unsaturated fat forms an important part of the diet. Unsaturated fat is normally liquid at room temperature, like olive oil, and monounsaturated fats actually help

to lower the blood cholesterol levels by reducing the LDL (bad) cholesterol but without reducing the HDL (good) cholesterol. Saturated fats are normally solid at room temperature and are linked with cardiovascular disease and should be avoided wherever possible. The fat found in meat, poultry and dairy products are saturated fats, as are fats found in processed and fast foods.

### **Meat, Fish and alternatives**

These foods are important sources of protein and iron in the diet. This group includes meat, poultry, fish, beans and pulses, eggs, Soya products, Quorn and other meat protein substitutes and nuts. When eating meat go for lean cuts, remove the skin from poultry and add little or no fat whilst cooking. Try and avoid meat products like pies, pate and sausages that contain very high fat levels.

### **Refined Sugar**

We do not need refined (white) sugar in our diets. It contains no nutritional value and is high in calories - these are empty calories, they bring nothing good to your diet but add to your daily total of calories. Eating sugar also causes your insulin level to rise rapidly and then crash down leaving you feeling "low", the only way to remedy this is to eat more refined sugar to feed the cycle again.

### **Alcohol**

"a meal in every glass"

Alcohol bypasses the body's appetite regulation system and increases the tendency to storing fat. It is very high in calories (sugar) and contains almost as much energy per gram as fat. Drinking can also lead to a reduction in self control and can lead to binge eating.



Health guidelines advise that women keep to 2 to 3 units per day and men to 3 or 4 units per day, with everyone advised to have at least two days without drinking each week. If you are trying to lose weight it is advisable to limit your alcohol intake to below the levels normally recommended for health. If you drink on most days then cutting down on your alcohol intake will be one of the easiest ways of creating an energy deficit.

#### **Calories Alcoholic Drinks?**

<b>Drink</b>	<b>Energy in kcals</b>
Pint of cider/lager/bitter	200-250
Large wine	150-180
Champagne	80
Port	80
Sherry	55
Gin/vodka	50
Whiskey	60
Cream Liqueur	80
Tia Maria	75
Fruit juice or fizzy mixer	50

#### **Cooking**

Lots of fat can be added to otherwise healthy foods by cooking methods that add extra fat or destroy the otherwise good nutrient content of the food. An obvious example of this is potato, which is a nutritious low fat food, until it is cut into fingers and deepfat fried to make chips.

#### **Recommended cooking methods:-**

Bake, boil, steam, roast - lean meats on rack so fat drips away, grill, lightly stir fry using spray oil or none at all.