



ADAM COPLEY: PERSONAL TRAINING.

TRANSFORMATION GUIDE:

Thank you for downloading the body transformation guide!

During this guide I am going to guide you through the step by step process of changing your body shape. We will talk food, exercise, mindset and what you need to do in order to reach your goals.

Helping people achieve the challenges they have set themselves is something I am very passionate about. It is my MISSION to get you where you want to be.

So without any more delay, let's get into it! Starting with goal setting.

Chapter 1: GOAL SETTING:

Goal setting is the first process in any change. Whether this is your mind, or your body. Setting achievable goals that are realistic to you is key.

And when I say realistic to you. I mean to YOU. Setting goals is a simple process on paper. We all have that ideal body image, or life we aspire to. That is the long-term goal, the dream, if you like.

What we need to do now is to plan how we achieve that dream, what are you going to do to get there.

First of all we are going to create a midterm goal, so our long term goal may be 12 months away, our mid-term goals is going to be 6 months away, this will be slightly less of a challenge than the dream but still reasonably far away.

So, we set ourselves a short-term goal. This is something that we can actually visualise ourselves doing. This can be performance based or looks based. It can even be mindset based.

For example:

A performance-based goal may be something like. "In three months', time I want to be able to run 3 miles without having a rest" You can run 1.5 miles without doing this, so you have now set a realistic target to aim for.

A looks-based version of this might be something like. "in three months', time I want to look significantly different around my waist area, I want to have a flatter side profile. You make small changes to your diet and start exercising and there we go. Three months down the line your side profile is flatter.

Now, three months' time is still a long time to stay self-motivated for as it always feels like ages away.

So, we then break this down into micro goals. These are weekly challenges we set to make us achieve the short-term goal.

"I am going to decrease my calories by 100 every day" or "I am going to lessen my alcohol intake by one day this week". These are all mini goals that ultimately lead to us achieving the short-term goal.

A mindset goal that follows this may be "Every day I am going to write down 3 things I am grateful for" By the way, that is a fantastic goal and one you should start doing immediately!



And this is how we achieve results via goal setting. It is all about setting goals that keep us achieving something. Small wins. These all add up and help us to achieve the big win we have set ourselves further on down the line.

Now, let's talk about realism with your goals:

When setting your goals this is the most important part of the process. YOU MUST set goals that you will realistically achieve. Take the picture above for example. The amount of people who have sent me goals that are similar to this scale is huge. The transformation above took three weeks. Three weeks of no excuses, no alcohol, limited enjoyable foods and A LOT of training. This is a hard goal to achieve and to maintain it, it is even more difficult.

I am not telling you this to put you off. I am telling you this because I believe in honesty. So, when we talk about realistic goals the first thing, I want to say is this:

"NO ONE HAS THE RIGHT TO TELL YOU THAT YOU ARE NOT DEDICATED, BECAUSE YOU DON'T WANT TO GIVE CERTAIN THINGS IN YOUR LIFE UP"

Your goals are personal to you, as are the things that you enjoy in life.

So, if you enjoy going out for food with your friends and you do not want to give this up. That is absolutely fine. If you want to drink 2 bottles of wine over the weekend, that is fine.

What you need to understand though is that this WILL affect the time it takes for your body to change. As long as you can understand this then you will be happy working towards your goals.

But you must understand this.

You must also be confident in this. We can feel bad sometimes for being excited about something or achieving something for fear of it not being good enough. If someone asks where you finished in a race for example, and you say "33/60". That's a dam good result! But we say it reserved as we feel we should say we did better. Was the person who asked the question on the start line with you?

No? exactly. Yes? They probably will be happy they are speaking to someone who shares a hobby.

Be confident and proud of your goals and achievements.

So, ending this chapter with two challenges then:

- 1: Write down three things you feel gratitude towards every day.
- 2: Be confident about your goals and achievements.

Get started on working on these and then we will move onto the next chapter in the book: Mindset.



Chapter 2: MINDSET:

Mindset is an interesting topic. Especially in a world that is very good at making people feel like they have a terrible one.

MINDSET all boils down to how your mind is feeling in present time and what you want to change. Working on your mindset is as important as working on yourself physically as it's the mind that imagines, and then creates a change.

This chapter will investigate mindset, and talk about pressure, confidence, positive thinking and digging yourself out of the dark places you can find yourself in. Let's start with pressure:

Pressure:

Pressure is something we ARE ALL very good at creating, it is also something people enjoy being under. But it can also be something that overwhelms us and makes us feel anxious. Managing pressure is a necessity if you want to have a happier mindset but in order to do that, we must investigate what causes pressure.

Pressure to achieve what we have said we will is a huge thing in the modern day, we all love to talk about the challenges we set because in some ways, it makes us feel accountable for what we want to achieve. We feel that without pressure we would just lose focus.

Pressure also comes from the media outlets we see daily. We see so many positive lives on social media feeds that we can't help but feel inadequate, or that we are somehow behind Where we should be in life.

Life has become very good at making us feel that we must follow a certain path.

School, university, work, partner, house, marriage, children, completed it. The world has also done a brilliant job of making us feel that we are behind where we should be in our industry (whatever that industry is).

Now I'm going to tell you one thing today, that when you realise this (easier said than done) makes things seem so much easier: "THERE IS NO SET PATH OF LIFE. YOU ARE RESPONSIBLE FOR CREATING YOUR OWN PATH, AND IF IT IS ONE YOU ENJOY THEN THAT IS ALL THAT MATTERS"

One thing I have been guilty of doing in the past is selling my goals, and achievements short. This has been detrimental to me in job interviews, meetings with potential clients and chats amongst friends. The bottom line here being:

If you are proud of what you have achieved or want to achieve then it doesn't matter if its large, or small. It's an achievement. Small wins remember.

So how do we handle pressure? I want to talk about three things: The pressure that comes with performance, the pressure of how we look and the pressure that comes from social media.

Starting with performance:

Pressure from performance is something that comes from two ways, we may be expected to perform to a certain level. And we may expect a lot from ourselves.

Neither of these are a bad thing. If you are expected to perform a certain way or achieve a certain result it is because someone believes you can do it. 90% of the time they want you to do it with good intentions, not just to boost their profile. And if you expect a lot for yourself, this means you have high standards. There is NOTHING wrong with setting high standards of yourself.

Remember the above when you feel pressured from a performance perspective and understand that it exists because you can produce the goods. All you need to do is chill out, create a plan that is going to get you where you need to be and work through this plan.



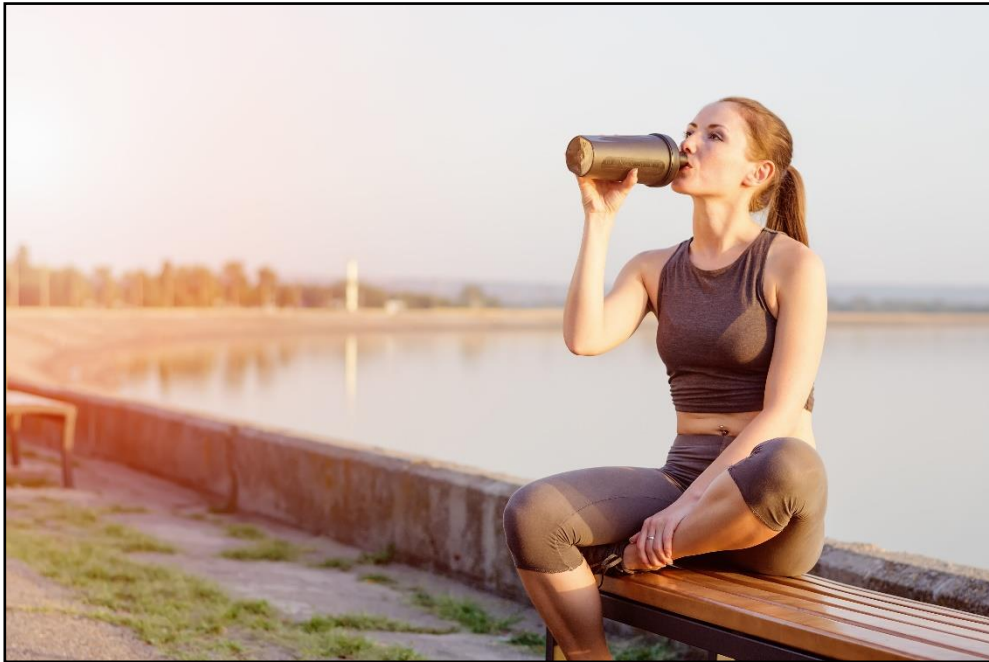
Pressure to look a certain way:

This ties in with the next pressure. But I want to talk about the pressure that society gives us away from the digital world. As human beings we are competitive. Personally, I think this is a good thing. We can't fight our genetic makeup, so don't. But there is a time and a place to compete. Competing with people to look a certain way or look better than people is NOT the right time and place.

When you see people pulling off a certain style of clothing that you feel you cannot understand that body shape is something we cannot control to a certain degree. We are made up differently and it is so easy for people to want what others have. It's natural. The real key here is to accept our shape, accept the body we have and work on the best version of that body shape you can create. People who naturally have a tiny waist, but a larger lower body will be the envy of people who don't have a curvaceous shape. They will also probably envy people who have an athletic shape. The list goes on.

The bottom line here: If we see improvements in our body composition and we will feel a sense of achievement, a sense of achievement means we will feel like we are progressing and make us happier in our skin.

I'm going to use a phrase I hate here: "FOCUS ON BEING THE BEST VERSION OF YOURSELF"



Pressure from social media:

This is a huge one, and it's becoming more popular with the younger generation. SOCIAL MEDIA can be the devil's work, and once you realise this the better you will feel on it. Without getting into a rant about perfect bodies and perfect lives I am going to say one thing about social media. I am then going to set you a challenge:

"NO ONE POSTS A NEGATIVE PICTURE"

Nothing is truer than the above. People who live their lives on Instagram. Fit pros, travellers or whatever they class themselves as nowadays are the biggest catfish you can find. Everything seems perfect and happy. NOT THE CASE. Once you realise this, you will feel a lot more comfortable browsing.

Likewise, with expensive cars, holidays and watches. It's all financed, all fake and all designed to make you feel like you are behind where you need to be. If you follow accounts that make you feel like this, then my challenge is for you!

MY CHALLENGE:

Scroll through your “following” section on Instagram (it’s the most criminal of the apps) and look at EVERYONE you follow. What do you get out of them that adds to your day, if the answer is nothing. Unfollow them.

Instagram isn’t friendship, 1-1 interaction is friendship. Don’t feel compelled to follow someone.

Moving away from pressure after this challenge I want to talk about ways you can improve your mindset and become a more positive person. These are three simple tips that can make you feel on track:

1: Get outside.

Research has shown that there is a direct link to spending time outdoors and mental health. Time away from screens, work, loud noises and being cramped indoors work wonders for our mindset. It gives us time to think, process thoughts and allows our eyes to rest from the stresses of the day. However, you do it. Get outside.

2: Be grateful.

Write down 3 things that you are grateful to have in your life EVERY DAY. This can be anything. Family, days off work, new clients gained, heated seats in your car, a hug from your child, being welcomed home by your dog. We all have something that keeps us going. Remind yourself why you do life.

3: Plan your days.

This is THE BEST way to improve your day from a working perspective. Plan out what you need to do. You will feel more organised, more on track with the direction your life is going and focused on your goals.

Write down what you NEED and WANT to get done and stick to it. EVERY DAY!

There you go, three simple ways to Improve your mindset, increase your positivity and your productivity. Moving away from mindset now let’s talk about training!

Chapter 3: TRAINING.

Training is ALWAYS the one thing people feel they need to do to change their body shape. But in reality, training is only a way to burn calories. So it may surprise you when I tell you there is no right or wrong way to go about your training.

Don’t like gyms? Get out on your bike, go for a walk, get into running or climbing.

Don’t like being outdoors? Join a gym, go swimming, play squash, train at home.

When we add exercise into our lives all we are doing is increasing the amount of calories our body is burning.

Because of this. I believe the most important thing you can learn from this chapter is the following:

“YOU HAVE TO ENJOY THE EXERCISE YOU DO”

Why? If you don't enjoy it, you won't carry on doing it. Simple as that. Exercise is something that you can get bored of very quickly. I love riding my bike or running. If I do the same route too much, I get bored. It doesn't excite me as much. It's the same with gym sessions or walks. Something has to make you want to do it. With that being said. Let's investigate ways we do enjoy exercise and what it is about exercise that motivates us:

1: We can see results.

This is the hardest, and easiest factor at the same time. Anyone who has taken up running and stuck with it will understand this. And I am going to use that as an example, but you can transfer this to everything. When you start running, you struggle to hit a decent (or what you perceive to be) mileage without stopping. You get stitch, your legs get tired. It hurts. You must walk some of the route. You come back and you feel shattered. But you stick at it and suddenly, you're running 2 miles without a break, then 3, then 4. You get up hills you used to walk up. You get faster.

This boosts your motivation to carry on sky high as we have started seeing results. Tracking progress and improvement is vital to this but when we see that we are getting better at something. We are more motivated to do it!

2: It stimulates us.

Training in gyms stimulates us, it gets something inside us going. The music, the lights. The atmosphere and the banter you have with other members. It stimulates something in our body.

Runners talk about endorphins. Something stimulates us to exercise.

I love mountain biking because it excites me, risking my body on steep, challenging descents excites me. It makes me want to ride back up and do it again.

The feeling of my heart pounding as I ride as quick as I can, cover as many miles as I can.

I relish that challenges and it stimulates me.

Find a form of training that stimulates you. And immerse yourself in it.

3: We want to achieve more.

We all have role models, people we aspire to be. We see them in the gym, on social media or competing and think WOW!! I want to be like that. Whether it's looks based, or performance based we all have it. This makes us want to achieve more. Exercise can do this. We get into climbing, and we book a competition. We get into running and we enter a half marathon, we complete a couple of these and then suddenly it isn't enough. We want more!

It's human nature to want to improve so why fight it. Embrace the challenge and use exercise as a way to challenge yourself to develop.

It's fantastic for the mind, and body!

So, there we go, three ways we can make training enjoyable and something we love doing. Remember it is key to enjoy however you exercise as like I said. When you break it down? You are merely increasing the number of calories you burn per day.

If you want to get specific and start targeting specific areas of your body, then this theory changes a little bit. As it is important to get in the weight room. Same with performance. But for pure weight loss.

Calories burned is calories burned.

Let's get a bit more specific however, and talk about performance and looks:

Performance:

If you are looking at using training to change how your body performs then you must take two things into account. The first being the demands of the sport, the second being what your body needs.


We all have weaknesses that are individual to our bodies so think about this and assess yourself.

Once you have given yourself an honest assessment (you could even do a fitness test) then you can look at the demands of the sport. Look at the demands of the sport and then design a plan around that.

If you are competing in this sport you also need to consider, your time training at that sport. This is where your training counts more than anything else so make sure your gym work isn't destroying you so you can't give it all in these sessions.

Again, when your competitions are coming remember to ease off the gas in the gym and training so you can go into competition rested and ready for anything.

Below is an example of one of my gym sessions that I would do during my competitive period:

						
	EXERCISE	SETS	REPS	REST	WEIGHT	NOTES
KEY: POWER STRENGTH FUNCTIONAL ISOLATION CONDITIONING SSC	500M ROW	1	500S			N/A
	POWERBAG GLUTE RAISE	3	12			TEMPO!!
	BOSU BALL SQUAT	4	12	45S		BUILD STABILITY AT BW AT FIRST, THEN ADD WEIGHT VIA DB'S
	SINGLE LEG TRX SQUAT (HOLD AT THE BOTTOM)	4	10 EACH LEG	30S		HOLD FOR 3-2-1 AT THE BOTTOM OF THE MOVEMENT STABILISE KNEES
	DB BENCH PRESS	5	5	60S		BACK FLAT, HEAD UP, PRESS
	INCLINE BB PRESS	6	6	60S		SAME AS ABOVE, CONTROL REPS
	DIRTY CLEANS	5	5	60S		WATCH FIT4RACING VIDEO

This session is taken from my in-season plan and is what I do on Monday. It focuses on upper body strength with a bit of stability work and some Olympic lifting to get the HR up at the end.

There is barely any strenuous lower body in this as I run on Tuesdays, so I want my legs to be fresh.

You will notice that this session looks quite easy compared to the usual kind of gym plan and the one you will see in the looks (aesthetics) section of this book. This is because my hard graft comes when I train for competition on the bike. Meaning the gym is where I build on weaknesses and work on my mobility and my stability. This also shows that the gym isn't just about getting "massive".

Take these things into account when planning your fitness and you will see your performance levels go through the roof!

Looks:

When training to improve how you look it is vital that you target specific areas of muscle and do some serious damage to the fibres in order to make them grow back larger. Training for size or changes to body shape is all about variety, and nutrition (we will cover that later). Your body needs to be constantly shocked so it can never adapt to the training you are putting it through. Tapering your training down is less important here as you don't have anything to prepare for. But you do have to consider fatigue from a working week, and stress from life. Stress is one of the prime suspects in reduced recovery, so it is Important you manage this. Don't go hard in the gym when you are feeling stressed.

What is stress?


Stress is anything negative on the body. The body doesn't differentiate stress from work, life or training. It is just stress. So, your body won't know the difference between a hard session wearing you down or your boss being an absolute bellend. It's all recognised as stressful situations that wear you down.

Fatigue also plays a role in this, as if you are lacking rest and fatigued. You will also be struggling to push in the gym.

So, rest, recover and above all. **LISTEN TO YOUR BODY!**

Onto how your training plan should look then:

On the next page is an example of a typical muscle building programme that I would use with my client. This is taken from a client that is a long term one of mine. So the plan is designed for advanced trainers. But I will explain the principles below:

 KEY: POWER STRENGTH FUNCTIONAL ISOLATION CONDITIONING	EXERCISE	SETS	REPS	REST	WEIGHT	NOTES
	DEADLIFT	2	12	0S		SLOW AND CONTROLLED
	DEADLIFT	5	5	45S		MAINTAIN A CONFIDENT STANCE AND FORM
		5	3	60S		
	CABLE UPRIGHT ROW	10	10	45S		HEAD UP, CHEST OUT AND PULL, SLOW AND CONTROLLED
	TRAP BAR SHRUGS	3	12	0S		BIG ARM AND SHOULDER
	BB UNDERARM CURL		12	45S		SUPERSET
	SEATED ROW HIGH PULL	4	12	0S		NICE AND CONTROLLED REPS
	TRICEP DIPS ON THE BENCH	4	30	45S		NO RUSH!
	DB OVERHEAD PRESS	4	12	30S		HOLD THE PLATE OF THE DB AND PRESS OVERHEAD

As you can see this plan is a lot more intense. It focuses on burning out specific areas of muscle, in a specific area of the body. This is due to a lack of competition meaning the gym is the primary source of exercise and as such. More sessions can be done during the training week. The exercises are more focused towards a high amount of reps with minimal heavy work thrown in. This helps to target and damage more muscle fibres resulted in a higher amount of growth in the muscle.

So to summarise:

Performance:

- More focused on improving competition.
- Less intense and designed on training the athletes weaknesses as well as demands on the sport.
- Takes competitive events and training sessions into account.
- More movement based.
- More specific with regards to days and times.

Looks:

- More focused on reps and building muscle mass.
- Targets specific areas of muscle over needs of a sport.
- No need to take into account sport specific training days.
- The amount of sessions in the gym is usually higher.
- More reps, less strength-based compound lifting.

And there we go, there is how training is different based on your goals. Can they blend and work alongside each other. Yes. But they don't usually do this based on the goal a person sets it is usually one or the other.

With training covered it is now time to move onto the most important factor in getting physical, and mental results, Nutrition.

Let's get into it:

Chapter 4: NUTRITION.

Nutrition is without a doubt the most important element of any weight loss or body composition goal. It is how we fuel ourselves, but it is also how we gain, maintain or lose weight. To put it simply. We need to burn more than we take in.

But what about Macro nutrients, high carb diets, low carb diets. And everything else you have been told you need to do? This chapter's aim is to make nutrition simple and clear the minefield that you feel you are walking across with your food.

“A CALORIE IS A CALORIE”

While I personally believe that we should get our nutrition from the best sources we can and should make a conscious effort to eat better. There is no escaping the fact that a calorie is a calorie. To put it simply. If you eat more than you burn, you will gain weight and if you eat less than you burn, you will lose weight. This is known as a calorie deficit. And it is the way we change our body shape.

So To keep things simple for beginners I would recommend you stop looking at complex eating systems and instead look at ways you can burn more calories than you take in. This ties in with what I said in the training section. All exercise does is makes us burn more calories. So your first priority should be moving around more within your day: Walk to the shop for milk, walk up the stairs at work instead of taking the lift, if you go shopping at retail parks on weekends, do some laps of the retail park before you start shopping. You don't have to immediately start a regime in the gym. Just move more.

Once you have started this you will find your weight will drop, as you have created a simple **CALORIE DEFICIT**. Now to increase the deficit we add in exercise in a gym or outdoors, this then creates a bigger calorie deficit, so you will lose more weight. And we haven't even changed your diet yet!

Does this make sense?

All you need to do, to lose weight is eat less than you burn. Once you have started moving then you can download a calorie counter and track your calories, again not worrying about any of the macros like protein, fats and carbs on their just yet. Weight will still drop as you will see how many calories you are eating. If you have a fitness tracking watch this is even better as you can look at roughly how many calories you burn.



Now. Let's advance things a bit and create a story:

Jane has been following the above for a while now and has started to see her body plateau after initially dropping weight, she also wants to take her knowledge and her physique even further and start creating shape. This is when food becomes more complex and we need to look at the macronutrients we consume.

What are macronutrients?

Macro nutrients are the elements that make up the foods we eat, in their simplest form are carbohydrates, fats and proteins. None of these are evil, they all benefit our body in one way or another. However, when we are living an active lifestyle, or looking to change our body shape some can be of more importance than others. Typically, the macro you want to be the highest is protein. As Jane is training in the gym more regular and as such, is breaking down a high amount of muscle in order to rebuild with more size and shape to her body. Jane needs a higher protein amount than before because she needs to rebuild and repair her body. So, protein is the one that is upped first.

The second is largely down to what Jane's body processes better. Some people naturally burn carbs, some people naturally burn fats better. However, if you are quite active then you will probably want a higher amount of carbs in your diet than fats.

Jobs like tree surgery, scaffolding, mechanics and anything else where there is a high amount of movement should probably have a higher intake of carbs. Whereas jobs where you are sat down all

day or driving around a lot probably require a higher fat content. And when I say fat, I don't mean butter, and dairy milk. I mean avocado, oily fish, red meats, cheeses, nuts and seeds. GOOD FUELS.

See what I mean about this being a potential minefield? Essentially, it doesn't really matter what is higher after protein if your looking to change your body shape. If you are wanting to get incredibly lean like the picture below, it has relevance. But for body shape changes. It doesn't matter so much.



So, when we talk macros, what can we take away from this section?

- 1: Make sure you are in a calorie deficit first, then increase your protein when we start messing about with macronutrients.
- 2: It doesn't matter (to a certain extent) what we have less of in regard to carbs and fats.

Moving away from aesthetics now and onto performance, this is where things get a little different:

Eating for performance:

Eating for performance is a completely different thing. And when maximum performance is your priority then you will have to sacrifice how you look to a certain degree. Depending on how your body handles certain nutrients.

Using myself as an example:

I am a textbook endurance athlete, Medium to low amounts of top end power with exceptional amounts of moderate to low-high power. Sustainable for extended periods of time. Due to the nature of my sport and the distance I like to ride I naturally consume a lot of carbs. This goes into my fat stores and I burn the fat as fuel during my moderate intensity rides. As I am primarily an endurance athlete, I very rarely tap into my carb sources. Very weird thinking that isn't it. I intake carbs a lot but don't necessarily burn them.

Why do I eat a lot of carbs then?

Well 1: I like them. 2: The reasons I have explained above and 3: The number of calories I can burn on a long ride can be upwards of 3000. After a ride where I have burned off essentially all or more than my daily calorie intake is, I need fuel. I am constantly hungry and insatiable when it comes to eating. Now I don't go pigging out by any means on bad food. Well, maybe I'll have one bad meal but then I am back to the good stuff.

When you are eating for performance you generally have to consider a number of things with your daily intake.

- 1: What kind of exercise will you be doing?
- 2: How long will you be exercising for?
- 3: What time of day will you be doing this?
- 4: When do you need to be recovered by?

All of the above factors will affect your diet. If you are taking part in a multi-day event then perhaps going crazy on the calories after your first effort isn't what you need to do as you can feel terrible the day after. Likewise, if you need to be recovered the day after you should up your protein and your carbs to ensure that recovery and energy is at a high level.

Eating for performance also depends on the kind of person you are. Personally, I am a bit of a carb machine but if you don't feel like this is you. Get to know what makes your body work and experiment with different foods, gels and drinks to see what works for you. However.

Here is a brief outlook on what a typical one day race, and a two day race weekends consists of for me food wise:

One day event:

Wake up and eat (06:00-06:30): usually a small amount of oats with yogurt and honey, with a black coffee and a pint of water.

Driving to the event (06:00-08:00): Drink water on the way down.

Arriving at the event (08:00-09:00): Banana or Soreen before my practice lap. Water on the bike during practice.

Time between practice and racing (09:30-10:30): More yogurt and oats with honey, depending on the time I have in between the end of practice and race this varies.

Just before the race (10:30-10:45): An energy gel on the starting line up (more superstition than anything else).

During the race (10:45-11:45): Pre-made electrolytes, orange juice, water and sea salt.

Post-race (11:45): Water and a coffee. Finishing an xc race is horrible and your body needs about half an hour to reset to normal levels of digestion.

Post-race (12:30 onwards): Whatever I want, usually a maccy's on the way home or something I regret as soon as I've eaten it.

Then it's back on normal home cooked food.

Two day event:

Day 1:

Wake up and drive to the event with a black coffee and water (I usually do this first thing so I don't eat, if anything I will have a banana on the drive).

Arrive at the event (08:00): Sign on and then go and make either porridge or oats in yogurt and honey.

Practice (09:00-11:00 (or longer): Usually take soreen out, water and anything else that I feel may help. Bananas, Haribo etc. Practice is slower paced on these events as you usually have 5+ hours to see the course/mess about on sections.

Post practice (12:00-14:00): Homemade food, usually a bean salad with rice. Something I have made the day before and put in Tupperware. And orange juice or a coffee.

Evening (17:00-20:00): usually food from the event village. If the food is good. Usually drop on with homemade pizzas, bbq and street food. Not plastic crap. Sometimes I have a beer, usually don't as I take myself too seriously.

Day 2:

Wake up and eat breakfast an hour before the race (07:00): Yogurt, oats and honey, black coffee and a pint and half of water (sometimes more).

During the race (08:00): Soreen and energy gels These are pre planned after using practice to know when eating will slow me down the least. So, any riding on roads will be food. Usually in between

certain points of the race. An energy gel will be had halfway round and the Soreen usually comes at each quarter. During the race I drink water and electrolytes (2x 500ml bottles).

Post-race (10:30 onwards): Whatever I want for the day. Re set the next day and get plenty of calories in as food has been very basic and boring through the weekend aside from Saturday evening.

As you can probably tell from this, I don't vary foods around at all when riding. I know what works for me and I stick to this. It's not the most enjoyable food in the world although it tastes nice. But it works. Serves a purpose and when eating for performance. That is what your food must do.

Provide adequate fuel based on the needs of your sport, and the needs of yourself.

I hope this document has been useful to you and that you have found ways to transform how you look, perform and feel going into march!

Remember. This is all about YOU and becoming the best version of yourself. And, if there is anything you feel I can do to help you with that feel free to reach out to me and get in touch.

Thank you for downloading the document guys and I wish you all a happy, and healthy march!

Adam Copley.

