

bfit



The Driver Recovery Reset



BLUEPRINT



HOW TO TRAIN HARDER & AVOID BURNOUT

WHO IS THIS FOR?



HGV/PSV DRIVERS WHO:



Train before or after long shifts



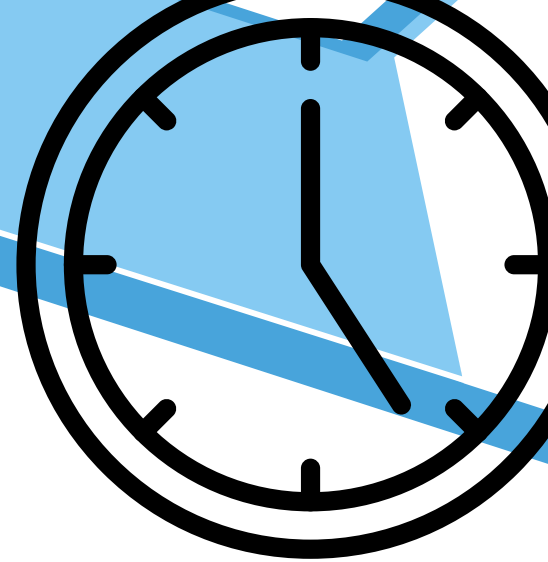
Feel flat, sore, or drained despite “doing everything right”



Want fat loss & strength without wrecking energy for work

The

REAL PROBLEM



Training isn't your problem, **TIMING** is.

Most drivers

- Train late after shifts ✗
- Eat "whatever's available" ✗
- Try to sleep while wired ✗



RESULT

**Fatigue, stalled progress,
injuries, burnout**

Your body doesn't respond to motivation alone.

- It responds to recovery. ✓
- Timing, habits, and daily decisions determine whether you progress or burn out ✓



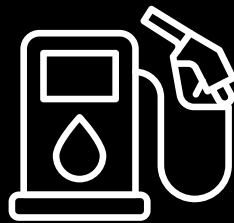
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More Information
www.bfitcoaching.co.uk



RESET SYSTEM

R - REFUEL



● RULE

Within 60 minutes post training. This is when your body is most primed to recover and protect muscle.

TARGETS

- Protein: 30-40g
- Carbs: 40-60g
- Low fat



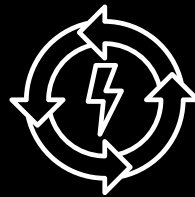
DRIVER-FRIENDLY OPTIONS

- Protein shake + banana + cereal bar
- Chicken wrap + fruit
- Greek yoghurt + honey + oats



RESET SYSTEM

E - ENERGY FIX



WHY DRIVERS STRUGGLE

- Long hours
- Caffeine
- Sweating
- Missed Fluid



TARGETS

- 2-3L Water minimum daily
- Add electrolytes to your drink of choice

SIMPLE FIX

- Electrolyte tablet/powder or pinch of salt
- Electrolytes help you use energy better — they don't create energy.





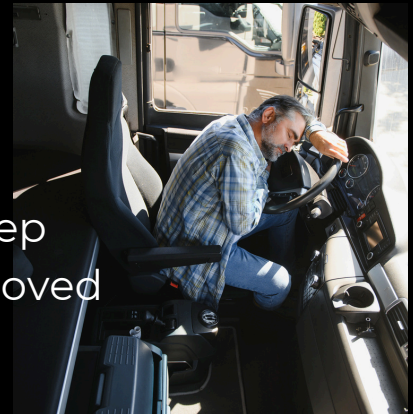
RESET SYSTEM

S - SLEEP/REST



YOU DON'T NEED PERFECT SLEEP, YOU NEED CONTROL, HERE'S HOW:

- Sleep at a regular time
- Don't train close to sleeping time
- Avoid digital screens 30 mins before sleep
- Magnesium glycerine (optional for improved sleep)



Sleep isn't just about going to bed earlier. It's affected by what you eat, when you train, caffeine, screen time, and how switched on you stay late at night. Poor sleep slows fat loss, makes you feel flat, and stops your body recovering properly — even if you're training hard. Sleep is just one part of the puzzle, but when your daily choices support it, you recover faster, feel better, and get more from your training.





RESET SYSTEM

E - EFFORT CONTROL



DRIVER TRAINING RULE

- 3-4 sessions a week is enough to see massive change
- 45-60 minutes max
- Leave 1-2 reps in reserve from time to time

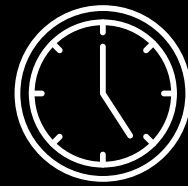
You don't need to leave the gym exhausted for a workout to be effective. Training too hard too often makes recovery harder, especially with long shifts. When you finish a session feeling worked but not wiped out, your body can recover properly, get stronger, and keep showing up consistently week after week.





RESET SYSTEM

T - TIMING + FUEL



IF YOU TRAIN AFTER WORK

- Shorter sessions
- Higher carbs post-work out

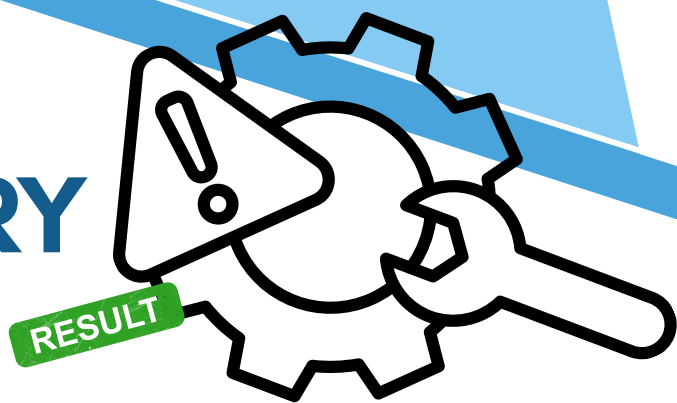
IF YOU TRAIN BEFORE WORK

- Light carbs pre
- Bigger meal for later on



When you eat matters just as much as what you eat — especially around shifts. Training and eating at the wrong times makes everything feel harder, rushed, and frustrating. When meals are timed around your work and workouts, food becomes easier to manage, recovery improves, and energy stays higher. The right timing means less conflict, fewer missed meals, and better performance — not because you're being stricter, but because the plan actually fits your day.

What Drivers Notice **WHEN RECOVERY IS FIXED:**



MUSCLE



When recovery is in place, your body actually has the chance to repair and grow. Instead of just breaking muscle down in the gym, you come back stronger session to session.

FAT LOSS



Better recovery means better sleep, better energy, and more consistency with food. When your body isn't stressed and run down, fat loss happens more smoothly.

STRENGTH



When you're fuelled and recovered, lifts stop feeling like a grind. Weights feel more manageable and progress becomes steady instead of up and down.

ENERGY



Proper recovery stops that constant drained feeling. You have energy for training, work, and life — not just one or the other.

SUSTAIN



When recovery fits around your shifts, training stops feeling like a battle. You can keep showing up week after week without burning out or needing long breaks.

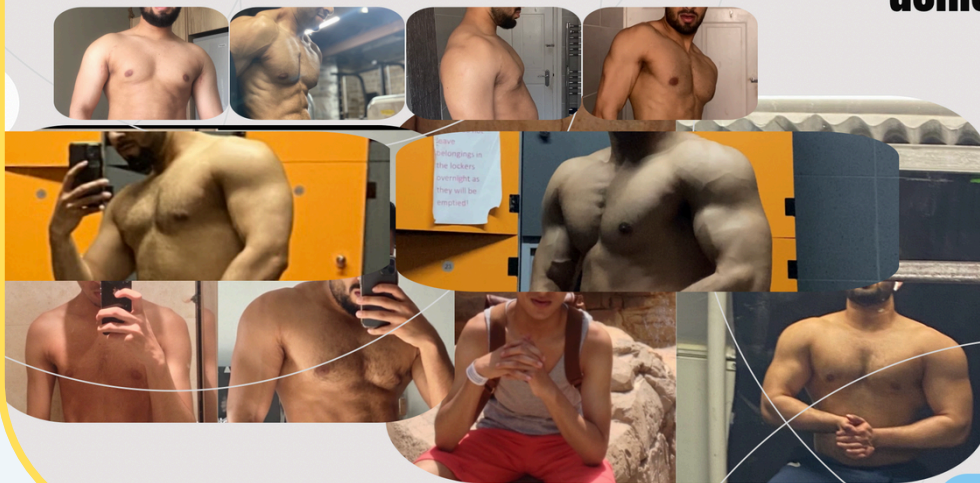




WHAT'S NEXT?



We've helped 100's of guys Just like you get the result they thought was never achievable.



Here's how we do it

THE RESET GUIDE IS A FOUNDATION - NOT THE FULL SYSTEM

IT SHOWS YOU WHAT TO FIX, BUT MOST MEN STILL STRUGGLE WITH:



Structuring training to their lifestyle



Adjusting calories as weight and energy changes



Knowing when to push harder and when to pull back



APPLY FOR OUR COACHING NOW



Train & recover around your lifestyle



Loose fat & build muscle without burnout



Follow a clear structure that fits you long term

WHERE COACHING FITS

How can we help you?

JOIN NOW

Training Habit Nutrition

Messaging Tracking

Macros Report

Daily Calories (Kcal)

72 kg 04/18/25 64 kg 07/18/25



If you want a recovery, training, & nutrition system built around your lifestyle, fill out our application form at www.bfitcoaching.co.uk and I'll help you build it properly.