



ROXANNE
Gillon

FIND BALANCE

Training & Nutrition Guide

Programme sample

TRAINING SAMPLE

Block 2 – Path 2 - Pushing & sweating – Week 2

Session 1 - Moderate + HIIT

Exercise	Sets	Reps	Rest
1. Front squat or back squat	5	8	2'
2A. Lat pulldown or pull-ups	4	8	
2B. Dips - Easier alternative: assisted dips or negative dips - Harder alternative: weighted dips	4	8	2'
3. Barbell upright rows	4	12	1'30"
HIIT warm-up run on the treadmill	1	5'	
HIIT: Sprint intervals on the treadmill	8	45" sprint	30"
Cool down run on the treadmill	1	5'	

Session 2 - Circuit

Circuit: 4 rounds w/ 30" rest between exercises, 2' rest between rounds

Exercise	Sets	Reps	Rest
1A. Jump squat	4	30"	30"
1B. Push-ups or incline push-ups	4	30"	30"
1C. Alternated lunge jumps	4	30"	30"
1D. Plank	4	50"	30"
1E. Suitcase carry	4	40"/side	2'

Session 3 - Heavy

Exercise	Sets	Reps	Rest
1A. Split squat	4	6/leg	
1B. Hip-thrust	4	5	3'
2A. Seated overhead press	4	5	
2B. Horizontal row or barbell row	4	6	2'30"
20' mobility session A (see resources block 1)			

Session 4

Try out a different activity, play-based: *basketball, volleyball, trampoline...*

NUTRITION CHALLENGE SAMPLE

Block 2 – Week 1

Week 1

Blood sugar control

Implement a few habits to balance your blood sugar: eat your food in the *right* order (fibre, protein & fats, carbs), add vinegar before a meal, move after a meal, eat a savoury breakfast, pair carbs w/ fibres & protein

Watch out for your fats

Use the right fat for the right heat: cook with butter, ghee, coconut oil, and olive oil only if cooking at low heat (inferior to 170 degrees).

Keep olive, walnut and avocado oil for salads or after cooking.

Let go of food rules

Identify one food rule you've been following without really questioning it. Ask yourself: Is this rule helping me feel good, or is it making me anxious?

Try breaking it at least once this week and see what happens.

Block 3 – Week 3

Week 3

One pleasure food per day

Every day this week, eat one food you consider a pleasure food—independently of its calorie-content, nutrients, or type of food—it can be anything.

RECIPE SAMPLE

Chocolate protein pancakes

For 8 pancakes

Ingredients

Banana - 1
Greek yogurt - 120g
Eggs - 2
Flour - 75g
Baking powder - 1 tsp
Cocoa powder - 3 tbsp
Honey or agave syrup or maple syrup - 1 tbsp
Protein powder - 1 scoop
Milk of your choice to texture



Directions

1. In a large bowl, mashed the banana with a fork.
2. Add the eggs, yogurt and honey/syrup. Mix.
3. Add the flour, cocoa powder, protein powder and baking powder. Mix
4. Add milk to texture. You want a smooth and thick batter.
5. Heat a pan on medium heat and use the non sticky option of your choice. Pour 1 scoop of batter in the pan.
6. Cook until you see small bubbles appear on the pancake, it's your sign to flip it to the other side.