

Introduction

Firstly, you can't diet-out poor exercise and you can't exercise-out poor diet. Both are required and both go hand-in-hand. A lifestyle change to healthy nutrition is key (not dieting).

Secondly, without data you cannot track progress. Weigh yourself before beginning this lifestyle change and time yourself to run a mile. Take measurements such as waist and hip dimensions. Take photographs of yourself now and again in 1 month, 2 months and 3 months' time to visualise your process and remain motivated.

Nutrition

Good nutrition is not complicated; JERF - Just Eat Real Food. Real food doesn't *have* ingredients; real food *is* ingredients. Avoid meals that come in packets and processed foods such as hotdogs, reformed (e.g. wafer-thin) ham, and avoid food with ingredients that you can't recognise, wouldn't cook with at home or can't even pronounce.

Processed sugar is your enemy. Phase out sugar in tea and coffee and cut back on/stop eating sugar the form of cereals, cereal bars, sweets and sauces such as ketchup and barbecue sauce. Never eat "diet" food or "diet" drinks as the sugar is replaced with sweeteners and avoid "low-fat" products. When the fat is taken out of these foods they no longer taste good so they have a large amount of sugar added instead, and hence are healthier than the original. Also remember that alcoholic drinks contain sugar, with even more sugar added in the form of mixers (e.g. vodka [sugar] and coke [more sugar]), so keep an eye on how much alcohol you drink.

Buy fresh food from supermarkets to cook at home or eat vegetables raw as a snack. Eat quality food rather than quantity; good quality food is far superior in nutritional value, and therefore is more filling than junk food and will go much further with leftovers, saving money. Drink five pints of water a day and avoid energy drinks as these are packed full of sugar.

Eat lean meat, fish, eggs, fruit, vegetables, nuts, seafood, butter, healthy oils (olive, walnut, avocado, coconut...), sweet potatoes chillies and spices.

Avoid sugar, grains and cereals (wheat, bread, flour, breakfast cereals...), vegetable oil, margarine, processed food, (potato) chips, crisps, pizzas, takeaways, fizzy drinks, artificial sweeteners and sweets. Find alternatives, for example for a healthy alternative to chips, try cutting sweet potatoes into the shape of chips and oven bake these instead.

Glycaemic Index (GI) is a measurement carried out on carbohydrate-containing foods and their impact on blood sugar. Low-glycaemic food causes a slow, gradual rise in blood sugar and maintains the increased energy level for a longer duration. High-glycaemic food increases blood sugar quickly, providing energy to the body over a short period of time. However insulin is released in response to this sudden rise in blood sugar which in turn rapidly brings the blood sugar crashing back down. This rapid decrease reduces the energy supply and triggers hunger.

When eating high GI foods you will have a lot of readily available energy in your blood. Therefore your body will use this readily available energy first, rather than using other stores of energy such as body fat, making it harder to lose weight.

Low-Medium GI (good)

Pasta	New Potatoes	Ravioli	Spaghetti
Cheese	Sweet Potatoes	Brown Rice	Buckwheat
Hummus	Pearled Barley	Wheat Tortilla	Peanuts
Walnuts	Cashew Nuts	Nuts and Raisins	Jam
Couscous	Vegetables	Fruit	Meat

High GI (bad)

White Rice	Potatoes	Chips	Crisps
Bread	Breakfast Cereals	Pretzels	Crackers
Rice Cakes	Donuts	Scones	Syrup

Finally, eat a healthy breakfast of real food (not breakfast cereals) to keep you full until lunch with plenty of natural vitamins and avoid snacking throughout the day - stick to three healthy meals.

For low versus high GI foods see here - <http://www.the-gi-diet.org/lowgifoods/>

For food and recipe ideas see here - <http://ultimatepaleo.com/paleo-diet-food-list/>

Exercise

Always start an exercise session with a warm up to increase heart rate and blood flow to muscles, and always end with stretches. Flexibility minimises the risk of injury.

Overtraining is dangerous; rest is important to allow the body time to recover. However, aching legs is *not* an excuse to skip a session!

For field gun focus on fast-twitch muscle training (type 2 fibres) such as sprints and explosive movements like vertical jumps. When intense enough to trigger lactic acid in the muscles, high intensity exercises such as sprint training/grid sprints place demands on the anaerobic system and are predominantly used by athletes in non-endurance explosive sports (such as field gun) to promote strength, speed and power.

Field gun numbers 1 to 12 should focus heavily on sprinting and core exercises with lighter weights. Numbers 4, 5, 8, 9 and 11 should train to be able to comfortably shoulder/military press 50Kg for 10 reps. Positions with heavier lifts such as numbers 10, 13, 14, 15, 16, 17 and 18 should place more of a focus on heavy weight training.

For weight training, focus on free-weight exercises with a full range of movement - i.e. compound movements including back squats, front squats, deadlifts and shoulder/military presses and avoid isolated movements such as arm curls and lateral raises. Isolated movements and machine weights are good for injury recovery and bodybuilding; but not for strength training.

If you need to, eat a banana 45 minutes before exercising (low GI) for energy.

For various exercise routine ideas see "Off-Season Amateur" strength and conditioning workouts here - <http://crossfitfootball.com/category/wod/>

Example Plan

Monday

Breakfast: Eggs and vegetables. One piece of fruit.

Lunch: Chicken salad, with olive oil. Handful of nuts.

Dinner: Burgers (no bun) with vegetables and salsa.

Exercise: Back squats with a bar weight 5 low-weight warm-up sets then 3 sets x 8 reps.

Followed by sprint training between lamp posts; jog between 3 lamp posts then sprint between the next 2 and repeat for 10-15 minutes (or simulate on a tread-mill).

Tuesday

Breakfast: Bacon and eggs. One piece of fruit.

Lunch: Leftover burgers from the night before.

Dinner: Salmon with vegetables.

Exercise: Strict shoulder/military presses with a bar weight 5 low-weight warm-up sets then 3 sets x 8 reps. Followed by core exercises such as sit-ups, planks, leg raises. Pull-ups 3 sets x 8 reps (jumping pull-ups if necessary).

Wednesday

Breakfast: Meat with vegetables (leftovers from night before).

Lunch: Meat and fresh vegetables.

Dinner: Beef stir fry with vegetables. Some berries.

Exercise: Beach running with PAFG.

Thursday

Breakfast: Eggs and one piece of fruit.

Lunch: Leftover stir fry from the night before. A handful of nuts.

Dinner: Fried pork with vegetables.

Exercise: Rest.

Friday

Breakfast: Eggs and vegetables.

Lunch: Chicken salad with olive oil. Handful of nuts.

Dinner: Steak with vegetables and sweet potatoes.

Exercise: Bench press 5 low-weight warm-up sets then 3 sets x 8 reps. Static lunges 5 sets x 20 reps (10 per leg). Press-ups 3 sets x 20 reps (with knees on floor if necessary).

Saturday

Breakfast: Bacon and eggs. One piece of fruit.

Lunch: Leftover steak and vegetables from the night before.

Dinner: Baked salmon with vegetables and avocado.

Exercise: Deadlifts 5 low-weight warm-up sets then 3 sets x 8 reps (light). Vertical jumps (e.g. box jumps, wall jumps) 3 sets x 20 reps.

Sunday

Breakfast: Meat with vegetables from night before.

Lunch: Meat and fresh vegetables.

Dinner: Grilled chicken with vegetables and salsa.

Exercise: Rest.