



PRE BOOTCAMP GAME PLAN

Welcome to Succeed Bootcamp!

Before you embark on the 12 week program, there are a few procedures and pointers that will make the 'transition period' a little smoother and less of a shock to the system.

Getting up early

If your body is not accustomed to early rises, then this is generally the biggest adjustment you will have to make. After all, it has been said that "80% of success is just showing up!".

In the weeks preceding the start of Bootcamp, try getting up at 5.45 and doing some gentle exercise (see point below for more on this) – this will start to get your body accustomed to the early starts and activity levels.

Remember, our brains (and therefore our bodies) operate on routine and habit – the sooner these habits can be created the better!

Get Moving

Just like the early starts, it is important that you commence (if you are not already doing regular exercise) some light activity over the next few weeks. This will help get your body into the habit of exercising and again make the 'transition phase' a lot easier.

Light activity can include:

- Walking
- Light jog
- Bike ride

Fluid Intake

It is vital that you replace the fluids that you lose whilst exercising. Like the two points above, drinking plenty of water is a habit that needs to be established if it is not already.

Aim to drink at least one glass of water before leaving for Bootcamp, and always ensure that you have a full drink bottle with you. Consume water at every rest break you are given, and then aim to have another two glasses of water before you go to work.

Should I eat breakfast before or after Bootcamp?

Eating before exercising first thing in the morning is something that is different for everyone. Some people find they can't function without some food in their stomach, whilst others find that they feel nauseous if they do eat.

In the week leading up to Bootcamp, try both methods and work out what is best for you. When you do eat, choose light foods that will not sit heavily in your stomach, such as:

- Yoghurt
- Banana
- Toast

See how your body responds whilst you perform your exercise. Based on this, you will have a plan of attack for Bootcamp week 1!

