

# 10 Training tips for maximizing your results from Bootcamp

**Good effort on completing the Mother of all endurance events... forget the London marathon... you have just completed the equivalent of 2 marathons a day during your whole stay!!! But what now?**

**Follow these quick tips for truly capitalising on your results with TEAM Bootcamp.**

## **#1 – Relax!!!**

Your body needs to recover. Take up to 4 days to replace energy stores, water and allow the central nervous system to recover fully. Don't remain completely sedentary, try a little bit of gentle walking, swimming, cycling or shopping ☺ to recover actively.

## **#2 – Ride the wave.**

You have made great inroads towards a fitter and healthier you.. Don't let it all go to waste.

## **#3 – Remember the 80/20 rule.**

By now you know that real results come from the kitchen. Remember to concentrate 80% of your efforts on nutrition and 20% on your training.

**Next up... the three biggest reasons that regular gym goers fail to meet their goals.**

## **#4 – Vary the intensity.**

No 1 – Failure to train with any real intensity. Keep the body guessing with bouts of intense work at 80 – 100% effort followed by shorter rounds of less intense exercise.

## **#5 – Variety... The spice of life.**

No 2 – Again keep the body guessing by varying the activity. The body is a great adapter and will soon become accustomed to any activity after 6-8 weeks.

## **#6 – Limit the rest.**

No 3 – Keep the heart rate and calorie consumption up by limiting rest... If you are texting, talking or watching telly between sets you are resting too much. REMEMBER... every workout should be like a bank job... In... get the job done and out as fast as you can.

## **#7 – Sleep**

Your body gets fitter, faster and leaner during deep REM sleep. Ensure you get enough sleep to feel refreshed on waking. I suggest reading *Lights Out: Sleep Sugar and Survival* by TS Wiley.

## **#8 – Drink...**

The importance of water in your diet and how dehydration effects performance should be no surprise now. Remember to remain hydrated throughout the whole day. Start the day with a large glass and aim for a further 7 to 8 glasses to help keep hunger at bay and ensure the body can complete all its functions.

## **#9 – 21 days later...**

Remember it takes a minimum of 21 days to create a new habit. The first couple of weeks may feel easy to maintain regular exercise and a nutritious diet, but after that many people start to fall off the wagon. Be aware of the time it takes to make your changes permanent and you will be far better placed to prevent a relapse.

## **#10 – Stay in touch**

You didn't start this journey alone and you certainly don't have to finish it that way. Keep in touch with your fellow campers and hold each other accountable. More importantly, keep all the staff at TEAM updated on Twitter, Facebook and with the occasional call/email.

**Good luck,  
Craig and the lads.**



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