



The two schedules in this programme were designed by Full Potential specifically for Claire and Mike after an assessment of their health, current level of exercise and fitness, lifestyle and facilities that they had available.

These are important factors that should be considered before embarking upon any training routine or schedule.

The schedules were designed and adapted on a weekly basis from regular feedback and communication with their Full Potential coach, who ensured that each schedule was not only realistic (considering all the factors above) but also varied to help maintain motivation.

If you are going to embark on an exercise regime then it is important to look at your exercise as a long-term project. Most people enter a programme full of enthusiasm and motivation only to do too much too soon, which often results in sore muscles, fatigue and over-use injuries which can stop you training.

Be patient, especially if you are new to exercise or if you have not exercised for a while. If necessary, reduce the duration and intensity of the programmes below to suit your circumstances. Remember exercise doesn't have to feel hard to be doing you good. Try to keep your heart rate and breathing under control and if necessary, rather than running, start your training using some brisk walking and reduce the number of training sessions each week. Your body needs to gradually develop condition to cope with the increased training.

A training programme is not just about ensuring you are exercising at the right level and monitoring your fatigue levels. You also have to consider stretching your muscles correctly after exercise, following a healthy varied diet, good hydration and good sleep patterns.

Please consider all these factors when embarking on a generic training schedule and be sure to adapt it to your personal circumstances.

Full Potential provides personal coaching and training opportunities and experiences whether your goal is weight loss, lifestyle fitness or performance.

If you would like more information please send us an email at: info@fullpotential.co.uk or visit our web site at: www.fullpotential.co.uk