

SpikeFitness

Planning for
your week ahead

Berry & banana smoothie

Mini workout

Turkey Scotch Eggs

Stretching

News

26th Feb 23

Planning for your week ahead

Picture this, Sunday evening we are all set for the week ahead, good intentions for food and exercise.

If it all goes well, result, every now and again it doesn't seem to work out like that though.

So how can we plan-ahead to flow with changes we might need to work around.

Much like the flexibility we can plan into calorie intake, we can plan our week in the same manner.

Having better choices available will help to remove the need to choose something quickly, which can remove temptation!

So enough talking, let's be having some examples shall we?

Have a number of meal options available without the need to get anything from the shops, if cooking is something you enjoy, having all of the ingredients available saves time and gets you into cooking without any other distractions.

Create a backup go to meal that's quick and easy - Frozen meals (that we cook) are super good, other options would be having something healthy pre-cooked ready to go.

Say we have time to cook on a Monday evening, cook a chicken breast or alternative, pop it in the fridge, if it's not needed the next evening shred it into a wrap for Wednesday lunch.

Planning for your week ahead

So many options here and you get the idea.

Have some healthy snacks on hand - so many healthy snacks can be made, from flapjacks to homemade protein bars and pancakes these can be used during the week or for those on the rush days.

Keep water in take up - mentioned last week, are we hungry or thirsty? - let's ask ourselves would we eat an apple (or another fruit)?

Bring your food with you for the day - start our day by packing our food for the day, it helps create a connection with our goal, and by having it with us we don't need to choose between options at the local shop - or even visit it!

Couple of other things to consider and I'm expecting some heat for this one, frozen veg or frozen items, they can last longer - helps us shop less, which saves temptation.

Write a shopping list before you go shopping and stick to it.

Try out some recipes, see what works for you and doesn't, the more options we can have available the less likely we are to stray away from the Sunday evening plan of action.

Much like the last few weeks creating flexibility is the key here, we need to allow some trial and error,

Planning for your week ahead

is it better to have an extra healthy snack that wasn't on the plan or a chocolate bar?

Rome wasn't built in a day, was last weeks sign off let's add the next bit before we move onto talking strength training.

Rome wasn't built in a day, but they were laying bricks every hour.

Information overload? - if you have any questions or would like some help speak to a member of Team SF on info@spikefitness.co.uk or 07597215652.



Berry & banana smoothie

Total Time: 5 min Prep: 5 min Serves: 2 Difficulty: Easy

Ingredients

Banana(s) 120 g, chopped

Frozen Mixed Berries 80 g

Skimmed Milk 120 ml

Fat Free Vanilla Yogurt 120 g

Mint, Fresh 2 sprig(s)

Instructions

Place the banana, frozen mixed berries, milk, yogurt and 3 ice cubes into a blender.

Blitz until smooth and divide between 2 glasses. Garnish with the mint and serve.

Mini workout

Before starting the workout, make sure to warm up by doing some light cardio or dynamic stretching.

The workout will be structured as a pyramid, starting with one repetition of each exercise and increasing by one repetition each round until you reach the peak of the pyramid. Then, you will decrease by one repetition each round until you reach one repetition again.

Round 1:

- 1 leg raise
- 1 mountain climber (each leg)
- 1 scissor leg
- 1 plank jack
- 1 Russian twist (each side)

Rest for 20-30 seconds.

Round 2 would be 2 of each, round 3, 3 of each to begin go up to 5 of each then go back down.

Add in more rounds to increase the difficulty.

Remember to stretch and cool down after the workout.

Turkey Scotch Eggs

Total Time: 1:20

Prep time: 0:25

Cook time: 0:25

Serves: 8

Ingredients

Egg, 9 medium

Onion(s) 1 small, finely chopped

Garlic 1 clove(s), crushed

Turkey Breast Mince, raw 500g

Thyme, Fresh 5 sprig(s), finely chopped

Rosemary, Fresh 5 sprig(s), finely chopped

Parsley, Fresh 5 sprig(s), fresh, finely chopped

Plain White Flour 4 tablespoons, level, plus extra for dusting

Breadcrumbs, dried 50g

Rapeseed Oil 1 tablespoons

Instructions

Bring a pan of water to the boil over a medium-high heat, then reduce to a simmer. Carefully add 8 of the eggs using a slotted spoon and cook for 6-8 minutes.

Drain, fill the pan with cold water and set aside for a few minutes to allow the eggs to cool, then peel and pat dry with kitchen paper.

Meanwhile, mix together the onion, garlic, turkey mince and herbs.

Divide the meat mixture into 8. Dust a work surface with flour, roll each portion of mince into a ball, then flatten into a circle large enough to encase an egg. Put an egg in the centre and use your hands to mould the mince around it, so it's completely covered. Roll each encased egg to smooth out the shape.

Beat the remaining egg and pour onto a plate. Put the flour on another plate and the breadcrumbs on a third. Roll each egg first in the flour, then the beaten egg and lastly the breadcrumbs. Put on a baking tray and chill for 30 minutes.

Preheat the oven to 200°C, fan 180°C, gas mark 6. Heat the oil in a frying pan and fry the eggs, in batches, for 1-2 minutes, until starting to turn golden. Transfer to a baking tray and bake for 10-12 minutes until golden.

Stretching

IT Band stretch

1. Begin in a side-lying position on your right side, with your legs extended.
2. Bend your left knee and place your left foot in front of your right leg.
3. Place your hands on the ground and slowly press your left hip towards the ground.
4. Hold the stretch for 10-15 seconds, and then slowly relax your body to starting position.
5. Repeat 3-5 times before switching sides.

Tips:

- Do not put your body into a position of pain.
- When stretching, focus on deep breaths and relaxation.
- Make sure you keep your back straight and your hips stacked (directly above each other) while stretching.

News



Our Kids Boxercise Classes have gone down a storm!

We only have a few spaces left

Monday: 2 Spaces available

Friday: 2 Spaces available

Email:

info@spikefitness.co.uk

For more information

The SFHQ Boxathon on the 13th May 2023 in aid of Asthma UK.

The day will involve a 12-hour Boxathon session with 4 people punching every hour from 8am until 8pm.

We will also be looking to hold some different activities throughout the day, so feel free to come down and hang around either before or after the sessions!

Here is the link for the sponsorships, please do not feel pressured into getting sponsorships for the event, however, if anyone you know would like to donate, please pass them this link!

[SFHQ Boxathon](#)

Huge thank you again to everyone involved!

Massively appreciate it!

News



Are you getting fed up cooking the same thing week in, week out?

As you will have noticed, we have started to provide some meal ideas in our newsletters each week.

However, if you would like a small 21 recipe book that you can look at and follow on your iPad and phone at any time and is yours to keep.

Drop Team SF an email at info@spikefitness.co.uk.

Price £6