

SpikeFitness

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27th August 23

Tracking progress

Progress isn't Linear!

We are going to have some ups, some downs and some times things are going to stay steady - its part of the process.

When we measure it is all too easy to fall into the trap that everything should be getting faster, longer or in the case of weight continuously move in a positive direction.

Measuring can provide good insight, help us stay on track and most importantly allow us to celebrate milestones along the way.

Starting with weight, after all it's one of the biggest challenges and on the face of it would seem like it should be linear...

In order to lose weight we need to be in a calorie deficit, we have spoken before about how to create a deficit, using a smaller one to allow ourselves to still perform well and give room for further changes as they are needed.

Measuring weight, this can be tough and depends on your personality. Depending on how we respond is important, do we like to use a measurement as a driver? If so, then weighing monthly might be the answer, it'll even out any speed bumps and also mean that you'll know to get the needle moving in the right way the month has to be good.

Tracking progress

So what are the others?

Weekly – similar principal to monthly with a little less waiting, this does mean we should expect smaller changes!

Daily – mixed bag here, and I'll take the hate... For those with an analytical mind and those needing to understand how their body undulates this can work. This is not the common route as weight can be affected by so many variables.

What does it look like?

Daily	186 - 185 - 185 - 186 - 184 - 185 - 184 - 184 - 185 - 184....
Weekly	186 184....
Monthly	186 ... 179

Daily gives the detail, weekly shows the progress without too much waiting, monthly can help keep your head in the game if we also keep the measurement in our mind.

We could of course weigh in at other intervals, these are just a few examples to help us paint a picture.

Time and distance, used for many sporting endeavours, again we have looked into how the 10% rule plays out, how seeking continued time or distance can only happen for so long (or far).

Tracking progress

Logging distance and (or) time provides great metrics as we progress, much like weight these can be affected by a number of other factors, such as hydration levels, tiredness, fuel and many others. We should look to the averages over the months rather than the day to day stats.

We can also add in extra notes here, perceived effort, when we log the time/distance put an effort score in (1-10, 10 being the most difficult) be honest if it was difficult note it.

Another is heart rate, if we are keeping to the same time or distance, was our average heart rate lower?

With all of the measuring we can sometimes lose clarity over the very basics:

You are exercising and that is goal one!

In order to measure data, we first have to have it and that involves just getting it done!

So do something, be proud of yourself for doing it - then see what the averages say in 2/4/6 months time!

Need help reading the data? - Chat to one of the team here at SF 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

BANK HOLIDAY OPENING HOURS

9am-5pm - last entry
4:15pm

Summer will be coming to an end soon and the colder darker nights will be upon us...why not stock up on some autumn and winter clothes and accessories for your workouts.

AUGUST BANK HOLIDAY OPENING TIMES

We will be open from 9am - 5pm
this coming bank holiday.

Last entry into the gym will be
4:15pm

www.spikefitness.co.uk
07597215652
info@spikefitness.co.uk

SF



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