

# SpikeFitness

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# Using technology to assist with goals

Can tech really help us?

Reaching beyond the marketing images and wording, is there actually benefit to using tech to help with our goals?

As previously mentioned, it definitely has its place and when used for direct measurements can provide excellent insights when we focus on the areas needed, and understand how to interpret them.

We can look at an example of active time, our watch may say be active for x minutes throughout the day, once we've hit that target for a number of days/weeks, it then suggests we increase that time.

Perhaps the first few times this makes sense, and I would firmly be in the agree camp, the tricky part comes when it continues to offer the suggested increases. As we don't have an infinite amount of time and energy.

The same can be said for calories burnt, floors climbed, distance travelled etc, so having an upper bound makes sense.

If we look into why these are the targeted goals it makes sense, some of the changes we make are more difficult to measure, things like increased pace, increased weight lifted. The basis of time/distance/volume are much easier data points to calculate and present.

# Using technology to assist with goals

Just going to add here that there are some wearables that have a much more granular approach including heart rate mapping against workouts, distance and speed, and for those that need that level of data they are fantastic.

So what parts should we be looking at?

Consistency, given that the devices are recording constantly, they can help keep us going - using them to keep us going when we might not feel like it is a powerful tool, lots of devices can allow reminders to be set, these could be workout cues, hydration reminders or even using the step or floor counters (aside from the increases we spoke about earlier).

Distance, if our goal is one involving distance, we can utilise the device to record this, important note here is that we aren't trying to continually get further or indeed faster just based on the data, that should form part of our plan. More so to check the averages we are completing and how we are looking against the plan, is there improvements inline with our planned progress?

Rest, slightly controversial one here, having seen and experienced some of the nuances of rest work rate scores and rest indicators, I know that they can on occasion be a little out... I do however like the unwind and rest settings which can be set for the evenings that give us that little nudge in the right direction, having an unwind reminder 30 minutes before the suggested sleep reminder allows to lower our screen time, start to relax and get that all important sleep.

# Using technology to assist with goals

Sleep, clearly linked to rest, having a handle on how long we are sleeping for is good to again help remind us that we both need it and the quality, not suggesting that the tracking ability is perfect, just that making sure we are getting the hours in and not burning the candle at both ends.

When dialling into our training plan, the data we choose to focus on is critical, are we looking to increase distance? - measure over a longer period, we will have times when we fluctuate up and down with our performance, try not to adjust based on a single session. Equally when we are looking at different sessions, look at that in isolation, for example are we doing hill work? - only compare those sessions which are based on hill work.

This all sounds simple, but we can often get drawn into comparing everything, such as looking at the distance of said hill reps and then saying that's similar in distance to xyz run so that means the pace should be this/that or the other...

Need help with understanding what data points to focus on? - Chat to one of the team here at SF [info@spikefitness.co.uk](mailto:info@spikefitness.co.uk) or 07597215652.

# Breakfast tacos with avocado & lime sauce

Total Time: 15 min Prep: 5 min Cook: 10 min Serves: 4  
Difficulty: Easy

## Ingredients

Wrap 4 wrap(s)

Calorie controlled cooking spray 4 spray(s)

Chilli, Green or Red 1 individual

Ground Cumin 1/2 teaspoons, level

Egg, whole, raw 8 medium, raw

Cherry Tomatoes 200 g

Coriander, fresh 2 tablespoons

Red onion(s) 1/2 small

Avocado 70 g

Low Fat Natural Yogurt 75 g

Lime(s) 1 medium

Lime Juice, Fresh 1 tablespoon(s)

## Instructions

1. To make the sauce, blitz together the avocado, low-fat natural yogurt and the juice of 1/2 lime in a mini food processor until smooth, then season to taste and set aside.

2. Warm the wraps in a hot frying pan then set aside and cover with a clean, dry tea towel to keep warm. Mist the same frying pan with cooking spray and fry the chilli and cumin over a medium heat for 1-3 minutes.

3. Pour in the eggs and scramble for 3-5 minutes, until cooked. Top the wraps with the eggs, cherry tomatoes, coriander and onion, then drizzle with the avocado sauce and serve with lime wedges.

# Mini workout

Here is a quick leg workout that includes three exercises you can do with little or no equipment:

## 1. Squats:

- Stand with your feet shoulder-width apart.
- Lower your body as if you are sitting down in a chair, keeping your chest up and your knees behind your toes.
- Pause briefly at the bottom of the squat, then push back up to the starting position.

Aim to do 3 sets of 10-12 reps.

## 2. Lunges:

- Start in a standing position with your feet hip-width apart.
- Step forward with one foot, bending your front knee to a 90-degree angle.
- Lower your back knee to the ground, keeping your chest up and your core engaged.
- Push back up to the starting position and repeat on the other side.

Aim to do 3 sets of 10-12 reps on each leg.

## 3. Calf Raises:

- Stand on a step or elevated surface with the balls of your feet on the edge and your heels hanging off.
- Raise your heels as high as you can, then lower them back down.
- Repeat for 10-12 reps.

Aim to do 3 sets of 10-12 reps.

Remember to warm up before your workout and stretch afterwards to prevent injury and promote recovery.

# Grilled mushroom & pepper pizzas

Total Time: 55 min Prep: 30 min Cook: 25 min Serves: 8 Difficulty: Moderate

- Calorie controlled cooking spray 4 spray(s)
- Plain White Flour 1 tablespoons, level
- Pizza Dough 2 serving(s), divided into 8
- Olive Oil 2 teaspoons
- Pizza Topping Sauce 400 g
- Light Mozzarella 250 g
- Mushrooms 200 g, thinly sliced
- Peppers, All Types 200 g, sweet mini, thinly sliced
- Basil, Fresh 30 g, roughly torn
- Chilli flakes 8 pinch

## Instructions

1. Off heat, mist a grill rack with cooking spray and preheat the burner to high. Or, prepare a

lidded barbecue - make sure the grill rack is clean, then heat two-thirds of it to very hot, and the remaining third to low.

2. On a lightly floured surface, roll out each piece of dough to 15cm rounds. Working with 2 bases at a time, brush 1 side of each lightly with 1/2 tsp oil

and arrange on hotter side of grill. Close lid and cook, checking occasionally to make sure bottoms are not burning and large bubbles are not popping, until crusts are charred and marked from grill, 2 to 3 minutes. Turn crusts over and arrange on cooler side of grill.

3. Quickly spread the pizza bases on the grill with 3 tbsp pizza sauce and sprinkle each with the grated mozzarella. Top each with a few mushroom and pepper slices. Slide pizzas back to hotter side of grill and close the lid.

Cook for 2-3 mins more, until the crusts are charred and marked from the grill. (If bottoms start to burn before cheese melts, move pizzas back to the cooler side of the barbecue). Repeat with the remaining bases and toppings. Sprinkle the pizzas with basil and chilli flakes just before serving.

# Stretching

## IT Band stretch

### Steps:

1. Start by standing up straight with your feet shoulder-width apart.
2. Cross your right leg behind your left leg and extend your right arm straight up.
3. Lean your upper body to the left, feeling a stretch along the right side of your body.
4. Hold the stretch for 15-30 seconds, then switch sides and repeat.

### Tips:

- Do not put your body into a position of pain.
- When stretching, focus on deep breaths and relaxation.
- A foam roller can be used to help increase your range of motion.





# News

Congratulations to our Latest member of the month Ro!



Make sure that trophy takes pride of place!