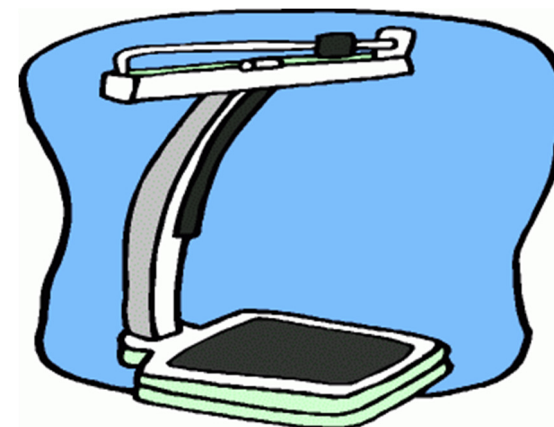


The 6/28 Project

How I lose 6kgs in 28 Days.

Days 15-21



DAY	ACTIVITY	FOOD	SLEEP
1	<p>Focus week: Increasing the time spent on feet. Again, I'll guard my intensity, with, for the most part, capping my top intensity at 140 BPM.</p> <p>5.30 am: 40 min 'easy' jog, again, on the flats, only.</p> <p>In the final 10 minutes, only, I'll ever slightly increase my intensity by 5 beats.</p> <p>Usually, I am now running faster at my fixed intensity (70-80%), so increasing my threshold by a further 5 beats now has me feeling like I'm moving more smoothly, again.</p> <p>I use a pair of 10kg DB's for the following set.</p> <p>10 Overhead Shoulder Press/ 10 Lateral raises/ 10 Double Bicep Curls/ 20 seconds standing running arms, with 10 seconds, only, between sets, repeating the set x 3.</p> <p>6.30 pm: Brisk walk 20 min/ 10 super easy jog @ 65% (Max).</p>	<p>6.30 am: Same Breakfast all week – BP's Nutritious Nine</p> <p>or</p> <p>½ Cup Oats, ¼ Cup Chia seeds, ½ cup shredded coconut, ¼ Cup Cocoa nibs, ¼ Cup Slivered Almonds, Cup water, microwaved 75 seconds, adding tbsn rich organic honey (the real dark stuff, not golden commercial stuff).</p> <p>Full cappuccino, no sugar.</p> <p>1.00pm: 200gr Grilled Chicken, diced, mixed green leaf & whatever I can find out of a garden (eg Capsicum etc), sunflower seeds, feta cheese in oil, macadamia nuts, a dash of vinaigrette.</p> <p>Gas water.</p> <p>Black coffee.</p> <p>*No arvo snack!</p> <p>7.30 pm: Omelette; 2 Eggs, Tbsn Full Cream, a little; leg ham, mushrooms, & tomatoes, with a little tasty cheese, 1/5 avocado, salt & pepper.</p> <p>* With lunch & dinner being so low in carbs, which is great for</p>	<p>8.30 pm: Clean sheets & pillowcase.</p> <p>9.00 pm: Be certain bedroom is free of blue lights/ no screens beyond 9.30 pm.</p> <p>Start by listening to sleep noise – pzizz, for say, 20 mins.</p> <p>*Observation has me knowing; I'm fat burning, I'm now ripping into my unnecessary reserves, when; I easily beat the alarm, yet, I'm done! I'm bored and want to get out of bed. I am ready to go, despite cutting and hour off my allotted sleep time. This is a good sign!</p>

		<p>fat oxidation (loss), I know if I don't consume 'some' carbs, namely; fruit, I often find it difficult falling to sleep.</p> <p>½ punnet of berries, pear, or apple does the trick.</p> <p>NOTE: I find I can function with abundant energy on just 4-5 hours sleep when making the change to fat oxidation. So, should you be considering your own 6/28, don't worry too much if your sleep is chopped in half, trust me, you'll have more than enough daily energy. It's weird!</p> <p>Gas water.</p> <p>8.30 pm: Brush teeth.</p> <p>8.00 pm: Mug of Grass (Spirulina, Tea etc.).</p>	
2	<p>5.30 am: 40 min session made up 10 min easy, then into 30 mins of hill (repeats) work.</p> <p>While I still guard my 140HR, I throw in loads of ups & downs gradient repeats. Mind you; this will often have me near running on the spot!</p> <p>I know I'm stripping off stored fat when;</p> <p>I now have little inflammatory discomfort on my knees and Achilles tendons. When running feel easy & pain-free.</p> <p>Also, when I am actually looking forward to the upcoming workout, I know I can expect to fat shortly.</p>	<p>6.30 am: Same Breakfast all week – BP's Nutritious Nine</p> <p>or</p> <p>½ Cup Oats, ¼ Cup Chia seeds, ½ cup shredded coconut, ¼ Cup Cocoa nibs, ¼ Cup Slivered Almonds, Cup water, microwaved 75 seconds, adding tbsn rich organic honey (the real dark stuff, not golden commercial stuff).</p> <p>Full cappuccino, no sugar.</p> <p>1.00pm: 200gr Strips of beef, mixed green leaf & whatever I can find out of a garden (eg Capsicum etc), sunflower seeds, feta cheese in oil, macadamia nuts, dash of vinaigrette.</p> <p>7.20 pm: Batch of green beans (ended & microwaved for 1 min, pan fry batch of mushrooms, shallots, salt, garlic, and golf ball of butter. Add green beans when mushies are done. Add strips of sliced pancetta, work in and bowl. Add chopped basal & halves baby tomatoes.</p> <p>Gas water – no additional salt.</p> <p>Straight into hot drink – Peppermint tea.</p> <p>Brush teeth.</p>	<p>Maintain consistency of sleep time.</p> <p>Bed routine is key.</p>

		<p>If still hungry or bored, drink boiling water with dash of fresh lemon.</p>	
<p>3</p>	<p>5.30 am: 30 min Walk, only!</p> <p>* I have completed the Hawaiian Ironman multiple times and know I can still train hard, but, now is NOT that time! Walk, Bradley, walk!</p> <p>10 Overhead Shoulder Press/ 10 Lateral raises/ 10 Double Bicep Curls/ 20 seconds standing running arms, with 10 seconds, only, between sets, repeating the set x 3.</p> <p>6.30 pm: 30 min Walk, only!</p> <p>Walking, really! Yes, walking!</p>	<p>6.30 am: Same Breakfast all week – BP's Nutritious Nine</p> <p>or</p> <p>½ Cup Oats, ¼ Cup Chia seeds, ½ cup shredded coconut, ¼ Cup Cocoa nibs, ¼ Cup Slivered Almonds, Cup water, microwaved 75 seconds, adding tbsn rich organic honey (the real dark stuff, not golden commercial stuff).</p> <p>NOTE – rather than raw honey, I'm trying a tbsn of cream (thickened) + ground cinnamon.</p> <p>Full cappuccino, no sugar.</p> <p>1.00pm: Two wholemeal wraps, spread with organic almond butter, thrown into a microwave for 10 seconds.</p> <p>Hot drink – Black coffee.</p> <p>No arvo snack as I'm only walking today!</p> <p>7.15pm: Pan fry in butter a small handful of; cashews, slivered almonds & halved macadamia's. Throw these nuts over a big fresh leafy garden salad drizzling a little lemon vinaigrette (OK, it's got a little sugar in it!). But with an easy training day and loads of fat burning food, if I don't some just a little sugar, I won't sleep.</p> <p>Spirulina</p>	<p>Same again,</p> <p>If I'm edgy, I'll use 1 x Valerian Forte.</p>
<p>4</p>	<p>5.30 am: 45 easy capped jog over rolling terrain.</p> <p>* While I am wearing my heartrate monitor, policing my HR, I will be listening to tunes, but avoiding 'Thunderstruck'.</p>	<p>6.30 am: Same Breakfast all week – BP's Nutritious Nine</p> <p>or</p> <p>½ Cup Oats, ¼ Cup Chia seeds, ½ cup shredded coconut, ¼ Cup Cocoa nibs, ¼ Cup Slivered Almonds, Cup water, microwaved 75 seconds, adding tbsn rich organic honey (the real dark stuff, not golden commercial stuff).</p> <p>Black Coffee, no sugar.</p>	<p>Same again,</p>

		<p>Bigger' lunch at I will forgo dinner, tonight!</p> <p>Two BBQ Chicken wraps (wholemeal), avocado, capsicum, feta, salt, hummus spread.</p> <p>Gas water.</p> <p>4.00pm: Celery scooping almond butter.</p> <p>Zero calories till tomorrow's breakfast.</p> <p>I found running the tank low, forcing ketosis (fat breakdown, instead of sugar burning), which, naturally, amplifies overnight, drives supercharge fat loss – particularly if I've reached a weight plateau.</p> <p>Then, furthermore, I do not consume any calories until after tomorrow morning's somewhat 'easy' training session.</p>	
5	<p>5.30 am: 10 min Walk/ 20 min jog!</p> <p>* My heartrate/ speed ratio can be jumpy! Meaning my mindset, sleep quality, the temperature of the day, wind, time of year, can all influence my speed at my 140 beats per minute! Whatever! I'll simply dial up 140 beats and accept the speed it yields on this day. I certainly gives a good chance to improve my 'running' form.</p> <p>10 Overhead Shoulder Press/ 10 Lateral raises/ 10 Double Bicep Curls/ 20 seconds standing running arms, with 10 seconds, only, between sets, repeating the set x 3.</p> <p>6.30 pm: 30 min Walk, only!</p>	<p>6.30 am: Same Breakfast all week – BP's Nutritious Nine</p> <p>or</p> <p>½ Cup Oats, ¼ Cup Chia seeds, ½ cup shredded coconut, ¼ Cup Cocoa nibs, ¼ Cup Slivered Almonds, Cup water, microwaved 75 seconds, adding tbsn rich organic honey (the real dark stuff, not golden commercial stuff).</p> <p>Black Coffee, no sugar.</p> <p>1.00pm: Bacon, Cheese, salad wrap, in the press.</p> <p>¾ cup Coconut yogurt, handful of mixed nuts & seeds, ground cinnamon.</p> <p>7.15pm: Asparagus, Snow Pea, Green beans, pan fried in butter, salt, & garlic. Once cooked, I throw this over piece of white fish (whatever), I think Salmon is best!</p> <p>Gas Water</p> <p>9.00pm: Spirulina, or Herbal tea.</p>	Same again,

6	<p>6.30 am: 10 walk/ 70 jog, uninterrupted.</p> <p>Again, the effort never exceeds 'my' 75%. It is easy!</p> <p>My legs will pull up stress-free!</p> <p>While I may stop for a swig of water, I most certainly would never feel the need for sports nutrition (eg; sports drink, gels etc).</p>	<p>6.30 am: Same Breakfast all week – BP's Nutritious Nine</p> <p>or</p> <p>½ Cup Oats, ¼ Cup Chia seeds, ½ cup shredded coconut, ¼ Cup Cocoa nibs, ¼ Cup Slivered Almonds, Cup water, microwaved 75 seconds, adding tbsn rich organic honey (the real dark stuff, not golden commercial stuff).</p> <p>Black Coffee, no sugar.</p> <p>12.30pm: Red Salmon & white rice (yep, I'll reintroduce some carbs after my longer training session this morning. I'll make a creamy sauce, usually chilli based.</p> <p>2-6pm: Graze throughout the afternoon;</p> <p>Carrots, sunflower seeds, Biltong.</p> <p>7.00pm: Meso soup (I will buy this), ½ Avocado in 2/3 cup warm brown rice (made earlier in the day). I'll add some nuts and a lemon sauce.</p> <p>Hot green drink.</p>	<p>Same again,</p>
7	<p>6.30 am: 90 min of super easy paced moving.</p> <p>I usually employ a 9 jog: 1 walk ratio::repeat!</p>	<p>6.30 am: Same Breakfast all week – BP's Nutritious Nine</p> <p>or</p> <p>½ Cup Oats, ¼ Cup Chia seeds, ½ cup shredded coconut, ¼ Cup Cocoa nibs, ¼ Cup Slivered Almonds, Cup water, microwaved 75 seconds, adding tbsn rich organic honey (the real dark stuff, not golden commercial stuff).</p> <p>Grazing again, all afternoon.</p> <p>I need to avoid the sweet hit at al cost.</p> <p>The sweet hit has been dormant now for 10 days, and, it's about now, it can raise it's head!</p> <p>Around 2-3pm is can hit, hard! So, I know to take the dog for an easy walk, about 40 mins! The sweet interest passes.</p>	<p>9.00am: Place pillows & mattress out in the sun for the day.</p> <p>10.00pm: Watch junk till dopey!</p>

*Beer & Chocolate (all but dark organic) seem to have the biggest influence on my weight. This seems to be consistent among the hundreds I have trained.

6.30pm: Fish (cod, snapper) & loads of steam veg, flavoured with tartare sauce;

Ingredients

1. ½ cup mayonnaise.
2. 3 tbsp capers, drained and chopped.
3. 3 tbsp gherkins, drained and chopped.
4. 1 small shallot, finely chopped.
5. squeeze of lemon juice.
6. 3 tbsp chopped fresh parsley.
7. flaked sea salt and freshly ground black pepper.

9.00pm: Hot drink, bed.

Weight, kgs: 79.6

Girth (belly button) cm: 77