

30 DAY JUNE CHALLENGE PROGRAMME

Where everyone can train like an athlete



WEEK June 1st to June 30th

PREPARED BY: Q Gym Team

GOALS: Be the healthiest you can be coming out of this lockdown!

NUTRITION TASKS

DAYS: 30

TASKS	IMPORTANCE	NOTES/EXCEPTIONS
Less Bread Intake	Medium	Every other day if possible
Less Alcohol Intake	High	1x Per Week (Soda)
Water and Hot drinks only	High	2X Hot drink every other day
Vegetables or salad every dinner meal	High	Any Vegetables or Salad you wish
Fruit for snacks	Low	Raspberries, Pineapple, mango

EXERCISE & TRAINING

DAYS: 30

DAY	TYPE	TIME	DISTANCE	NOTES/DESCRIPTION
MONDAY	HITT	30Mins		High intensity home HIIT. Workouts on Website
TUESDAY	Walking	100Mins	5 Miles	At least 4 MPH
WEDNESDAY	Hill Climbs	45 Mins	3.5 Miles	45 Seconds rest after every hill
THURSDAY	Core work	30Mins		Ab Training, workouts are on Website
FRIDAY	HITT	30Mins		High intensity home HITT. Workouts on Website
SATURDAY	Jog ON/OFF	30 Mins		1 Minute Jogging, 1.30 Walking repeat for 30Mins in total
SUNDAY	Hill Walks	45Mins	3.5 Miles	45 Seconds rest after every hill

LIFESTYLE TASKS

DAYS: 30

TASKS	IMPORTANCE	NOTES
Less Screen time during weekends	High	Read a book or listen to relaxing music
At least 3 litres of water during the day	High	3 Litres Daily
8 Hours of sleep	High	Always aim for 8hours
Eat Healthy most days	Medium	Keep up with good foods to keep your body functioning during the day
30 Day Reward	Medium	Pick a reward for completing this plan

IMPROVE BODY PAINS & MIND HEALTH

DAYS: 30

TASKS	IMPORTANCE	NOTES
Stretch in the mornings	Medium	25mins Stretch before your busy day
Try and Prepare for your next day	Low	Breakfast, Lunch and Dinner
Stretch in the evenings	High	20Mins stretch for down time and so your mind can relax
1 anti-inflammatory ingredient with each meal	Low	If unable to take research for more options