



FUEL

CAROLINE GIRVAN

FUEL

Hello everyone!

I hope you are having a wonderful month of May so far and looking forward to what the rest of this year brings!

This Monday will kick off the FUEL Series! A 6 week series consisting of 5 x approx. 30 minute workouts per week. Each workout, a different format.

Each session will feel different. It may be muscular or cardiovascular fatigue that we will feel depending on the workout itself, or a combination!

We will be using oxygen and stored energy to FUEL these sessions!

We will be using all 3 of the body's energy systems to FUEL each session and increase the overall efficiency of all 3 systems.

Sprinting, HIIT, explosive movements and often those first few reps of an exercise are examples of the energy system using Phosphagen that will fire up those fast twitch muscles. It is immediate and fast acting whilst quick to diminish as you probably well know! A rest period is needed after such higher intensity! An example is very short work period such as 10 seconds!

Once the initial, instant energy system is utilised, the Glycolytic system kicks in for those slightly longer movements such as resistance training, longer sprints and complexes! In the context of these workouts, it may be a 30 second sets right up to 2 minute complexes!

And then we have the aerobic energy system that requires oxygen (Oxidative), such as longer distance running but also can cover longer complexes and circuits!

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FUEL

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We will be using all 3 energy systems throughout but at very different ratios throughout the series.

The work to rest ratios will vary as will the overall format of the workouts.

Some days heavier weights and more rest whilst other sessions lighter weights or bodyweight with limited rest periods.

Each session will be approximately 30 minutes duration. This will exclude the verbal introduction & overview and the cool down.

As we progress through the 6 weeks, the overall intensity will increase along with each session taking on a slightly different format.

It is recommended to warm up your entire body prior to every session within the FUEL Series; even if it is a lower body workout, you will be using your back, core and forearms during Romanian Deadlifts for example.

FUEL is based on workouts to promote the building of muscle whilst also using elements of cardio, higher intensity and muscular endurance to increase metabolic stress to the muscles.

Sometimes Muscular Endurance can be overlooked, however studies have shown that the ability to continuously contract (dynamically or statically) and utilise a muscle(s) over a longer duration is a key component of physical fitness with associated improvements to overall quality of life due to not only strengthening the muscles but also the bones, tendons and ligaments. These are components that can lead to improvements to overall body composition, reduce risk of injury and promote longevity in training and exercise; all associated with an improved quality of life.

Balance, co-ordination and reaction timing are all aspects of areas that will benefit from training across various modes.

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FUEL

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THE FUEL SERIES OVERVIEW

There will be movements involving bodyweight and weights.

There will be aspects of cardio and/or higher intensity interval sets throughout some of the workouts with an increase after week 2!

We will have x2 lower body specific days per week, however these could involve full body movements within them at points. There is also at least x1 upper body focused per week, but again, the entire body will likely be involved within many of these sessions.

This means technically there're x 2 full body sessions per week! The session on a Friday will likely be those heavier weighted movements with Sunday's session involving a lighter voice of weights, more cardio or higher intensity interval training sets!

Please note that there will be overlapping as with most of the training we do so we usually hit those delts, glutes, quads etc at LEAST 2 times per week, but often 3 times per week!

There will be NO jumping with weights at any point. IF there are any movements where I am jumping, I will provide a low impact alternative. Similarly, if I am hopping from say a squat to a plank, or during a sprawl, you can simply step back as apposed to hopping in and out.

I may use different weights for the same movement depending on the structure of a certain workout such as chest press or lunges...during a session I may use 2 x 20KG and the next week 2 x 10KG.

Within the description box below each workout, during the introduction to the workout and at point on the screen, I will provide references to the weight I am using so it may help you selecting a weight relative to you and your experience, energy levels and equipment you might want to use.

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FUEL

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It's a great idea to incorporate your own equipment too. Below are some alternatives and ideas for you to use if you like!

HIP THRUSTS

Barbells, dumbbells, bands.

You can also perform bridges on the mat if you don't have access to a comfortable bench / chair for hip thrusts.

DIPS

Dips on a sturdy chair, dip bars or if prefer to not perform dips, some great alternatives to hit those triceps are tricep press, skull crushers or tricep push ups!

PUSH UPS

This is the great thing about push ups... they are so easy to change up to suit you!

I would recommend focusing on quality reps over the quantity of reps. For example, performing 1 rep of a push up as best you can then come to the knees to rest before going again and trying for even 5 reps is better than 20 reps that are less in quality.

Push up bars are a great piece to have at home. Not only to practice those greater range push ups, but also, they can be more comfortable on the wrists for many people as opposed to hands on the floor.

The use of yoga blocks is also a great way to proactive deeper range of push ups!

If you are currently working on nailing that first push up, I would suggest placing hands on a slightly elevated surface such as a chair or bench and over time lower the height until your hands are on the floor!

PULL UP BAR

A perfect time to practice your pull ups is when there are pullovers that pop up within a workout!

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FUEL

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SUGGESTED EQUIPMENT FOR THE FUEL SERIES

DUMBBELLS (I will be using a range from 4kg to 30kg)

A NON-SLIP, COMFORTABLE MAT

A STABLE CHAIR/BENCH

A FABRIC, HIGH RESISTANCE GLUTE BAND

X 2 YOGA BLOCKS

MAKE IT YOUR OWN WORKOUT

A TOWEL

A BOTTLE OF WATER

As with every single workout I share, it is important to know that these are my real workouts! I say this often simply to reiterate that we are all different and once you master the basics of the key movements, it is important to manipulate your positioning to suit you and your body, strengths, weaknesses, flexibility, stability and mobility levels.

For example, you may prefer to perform sumo squats with feet further apart than me, closer than me, toes pointed outwards more or less...push ups with your gaze looking ahead or like me with the gaze directly at the floor.

Romanian Deadlifts are another great example. Lower to where you feel tension developing with the hamstrings and middle to upper back. You simply then rise up once you reach this point keeping the weight in the heels of your feet. You may reach this point once the dumbbells reach the knees or you may bring dumbbells lower. Some days I will go lower and other days I will simply not go so low... depending on if my central nervous system is feeling taxed or depending on where they are positioned during a workout.

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FUEL

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There is NO useless exercise if performed within context and carried out safely. For example, I do not perform tricep kickbacks often, but they do work at contracting the triceps so I will perform these occasionally, but they aren't my favourite! Similarly with lower back bodyweight exercises or grip specific strengthening practices...we gain such benefits within many other exercises such as low back within RDLs, squats, hip thrusts to name a few, and grip strength is improved as a by-product from holding dumbbells at any point (particularly during those complexes and heavier lunges). But this doesn't mean that we should never do them.

The best chest exercise.... perhaps the chest press? Push ups? Bodyweight dips? Flyes?

The best hamstring exercises. RDLs? Forward leaning lunges?

Yes, we all have our favourites! However, there is very little scientific studies that definitively indicate there is 1 best exercise per muscle group. They all have a place when performed correctly; you are warmed up prior, appropriate weight selection, you train with focus, no distraction, thinking about those small details throughout the lift, ensuring you breathe throughout, minimising momentum (unless called for), and listening to the feedback from your body.

I have always aimed to perform a wide variety of variations within my training, and I think this massively constitutes to the fact that I never have got bored with my training, am continually improving, and am able to train across a wide range of skill sets from speed work, power, balance, co-ordination, hypertrophy which carry over to HIIT, sprinting, flexibility, mobility, ultra marathons, calisthenics and muscle building, thus adaptability!

But this is just me! And this is what I am sharing with you!

You may prefer to train more strength based focused with less than 5 reps for example...or your priority is a sub 4 hour marathon. This is your journey. My journey. And I am so happy to be able to share my training with you to perhaps provide motivation, some ideas for structure or introduction to new training techniques you haven't yet practised!

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Aside from the workouts, I will be always dog walking most days for approx. 60 minutes, or if the sun is shining, I will simply go for a run. It could be a 6km loop that I have near where I live or a longer run on Sunday once a month for example but this is not structured and I simply go with the flow and the weather!

I walk not only for general health but for my overall wellbeing. I have time away by myself and really have time to reflect and plan!

I hope if it is warmer weather where you are, you are able to get outside and embrace the outdoors!

Each workout will be uploaded 0500 UK BST Time Monday, Tuesday, Wednesday, Friday and Sunday. I would suggest reading the description box below each workout if you like to know what equipment you might need, exercises within the workout, timings and useful tips prior to pressing play and listening to the verbal introduction.

Every Sunday I sit down and write an overview of what is planned for the week ahead! This is open to change as I like to keep the programming as organic as possible! This will be available within the Community tab on the YouTube Channel and within the Facebook Private Group approximately 1800 UK BST time.

Ok, I've definitely wrote an essay here!

Hopefully this gives some insight into the next 6 weeks!

Let's ensure we warm up our whole body prior to each workout, lift safely, take the time to recover in order to come back stronger...and have fun with your training!

I'm so ready to begin! Bring it on! Cx





Useful Links

Website:

<https://carolinegirvan.com>

YouTube Channel:

<https://youtube.com/c/carolinegirvan>

FUEL Playlist:

<https://youtube.com/playlist?list=PLhu1QCKrfgPXD0AUCqAzmbB9c5kyXP1ofQ>

FUEL Calendar:

<https://carolinegirvan.com/fuel-calendar-col.pdf>

5 Min Warm Up:

<https://youtu.be/JOolsy8SX4c>

UNWIND (Stretch & Relax) Workout:

<https://youtu.be/y87vSUoIMGU>

My Cardio Playlist:

https://www.youtube.com/playlist?list=PLhu1QCKrfgPVj9hpw_O3t1LoUcqUWpJio

Caroline Girvan Community:

<https://facebook.com/groups/carolinegirvan>

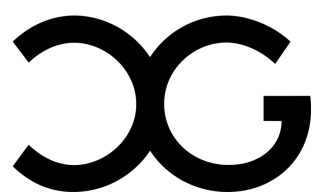
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