

AFC FYLDE COMMUNITY FOUNDATION PRESENTS



FIT

FYLDE

12-WEEK FITNESS PROGRAMME



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INTRODUCTION



FIT Fylde is a FREE 12-week programme with the aim to help participants make healthier lifestyle choices through nutritional support and physical exercise. We are encouraging any adult over the age of 18 to sign up.

Our programme begins in March 2025, providing everyone with the opportunity to reach their fitness goals just in time for summer. This provides a fresh start for anyone who not just wants to improve their fitness levels but also improve their mental health by socialising with like-minded people of our community.

If you can make our sessions every Monday @ 18:00-19:00, at Fylde Sports and Education Centre or at AFC Fylde gym on a Wednesday 17:30-18:30 and want to challenge yourself in a friendly environment, please email ryan.delaharpe@afcfylde.co.uk for more information.



EXERCISE CYCLES

Let's dive right in, shall we? FIT Fylde will take you on a journey over the next 12 weeks that is designed to help YOU improve your health and fitness through a combination of exercise and nutritional support. Below is a brief breakdown of the cycles you will be taken through: Macro, Meso and Micro.

MACRO CYCLE

LEVEL



BEGINNER



INTERMEDIATE



EXPERT

WEEKS 1-4

FOUNDATION PHASE

- **Goal:** Build a strong fitness base and improve overall health
- **Focus:** Low to moderate intensity exercises, basic strength training, and flexibility

WEEKS 5-8

DEVELOPMENT PHASE

- **Goal:** Increase fitness levels and strength.
- **Focus:** Moderate to high intensity exercises, advanced strength training, and endurance.

WEEKS 9-12

PERFORMANCE PHASE

- **Goal:** Enhance performance and achieve fitness goals.
- **Focus:** High intensity exercises, peak strength training, and agility.



MESO CYCLE



LEVEL



BEGINNER



INTERMEDIATE



EXPERT

WEEKS 1-2

FOUNDATION PHASE

- **Monday:** 30-minute brisk walk or light jog
- **Wednesday:** Bodyweight exercises (squats, lunges, push-ups) - three sets of 10 reps
- **Friday:** Yoga or stretching session - 30 minutes

WEEKS 3-4

FOUNDATION PHASE

- **Monday:** 30-minute brisk walk or light jog
- **Wednesday:** Bodyweight exercises (squats, lunges, push-ups) - three sets of 12 reps
- **Friday:** Yoga or stretching session - 30 minutes

WEEKS 5-6

DEVELOPMENT PHASE

- **Monday:** 40-minute walk or jog
- **Wednesday:** Strength training (dumbbells or resistance bands) - three sets of 10 reps
- **Friday:** Pilates or core workout - 30 minutes

WEEKS 7-8

DEVELOPMENT PHASE

- **Monday:** 40-minute walk or jog
- **Wednesday:** Strength training (dumbbells or resistance bands) - three sets of 12 reps
- **Friday:** Pilates or core workout - 30 minutes

WEEKS 9-10

PERFORMANCE PHASE

- **Monday:** 45-minute run or HIIT*
- **Wednesday:** Advanced strength training (heavy weights) - three sets of eight reps
- **Friday:** Agility drills or circuit training - 30 minutes

WEEKS 11-12

PERFORMANCE PHASE

- **Monday:** 45-minute run or HIIT
- **Wednesday:** Advanced strength training (heavier weights) - three sets of 10 reps
- **Friday:** Agility drills or circuit training - 30 minutes

*high-intensity interval training



(OPTIONAL)



MICRO CYCLE



LEVEL



BEGINNER



INTERMEDIATE



EXPERT

WEEKS 1-2

FOUNDATION PHASE

- **Monday:** 30-minute brisk walk or light jog
- **Wednesday:** Bodyweight exercises (squats, lunges, push-ups) - three sets of 10 reps
- **Friday:** Yoga or stretching session - 30 minutes

WEEKS 3-4

FOUNDATION PHASE

- **Monday:** 30-minute brisk walk or light jog
- **Wednesday:** Bodyweight exercises (squats, lunges, push-ups) - three sets of 12 reps
- **Friday:** Yoga or stretching session - 30 minutes

WEEKS 5-6

DEVELOPMENT PHASE

- **Monday:** 40-minute walk or jog
- **Wednesday:** Strength training (dumbbells or resistance bands) - three sets of 10 reps
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- **Monday:** 40-minute walk or jog
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PERFORMANCE PHASE

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- **Wednesday:** Advanced strength training (heavier weights) - three sets of 10 reps
- **Friday:** Agility drills or circuit training - 30 minutes



NUTRITION

RECOMMENDATIONS

- **Hydration:** Drink at least eight glasses of water, daily.
- **Balanced Diet:** Include a mix of proteins, carbohydrates, and healthy fats.
- **Portion Control:** Be mindful of portion sizes to avoid over-eating.
- **Fruits and Vegetables:** Aim for at least 5 servings of fruits and vegetables per day.
- **Limit Processed Foods:** Reduce intake of sugary snacks, fast food, and processed items.

MEAL PLAN

EXAMPLES

BREAKFAST

Oatmeal mixed with fresh berries and a drizzle of honey, paired with a glass of water or herbal tea.

LUNCH

Grilled chicken salad with mixed greens, cherry tomatoes, cucumbers, and a light vinaigrette followed by a piece of fruit.

DINNER

Baked salmon with quinoa and steamed broccoli accompanied with a side salad with olive oil and lemon dressing.



TRACKING PROGRESS

SET CLEAR GOALS



Define what you want to achieve by the end of the 12 weeks. This could be weight loss, improved stamina, or increased strength.

FITNESS JOURNAL



Record your workouts, meals, and how you feel each day. This helps you stay accountable and see your progress over time.

MEASUREMENTS



Measure your waist, hips, chest, arms and legs at the start AND every four weeks in order to track changes.

MONITOR WEIGHT



Weigh yourself once a week at the same time of day for consistency. I.e. don't weigh yourself in the AM one week and then PM the next week.

TRACK WORKOUTS



Note the duration, intensity, and type of exercise you do. Gradually increase the intensity as you progress.

USE TECHNOLOGY



Fitness apps and wearable devices can help you track your steps, number of calories burned and other metrics.

MILESTONES



Reward yourself for reaching mini goals along the way. This is important for maintaining motivation throughout your journey.

HEALTH

REMINDER

Always listen to your body and consult with a healthcare professional before starting any new exercise programme. Enjoy your fitness journey with FIT Fylde!



TRACKING APPS

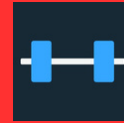
Strava

- **Features:** Great for tracking running and cycling activities. It includes GPS tracking, performance analysis, and a social network to connect with other athletes.
- **Cost:** FREE with optional premium features
- **Compatibility:** iOS, Android and Apple Watch



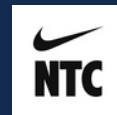
Strong Workout Tracker Gym Log

- **Features:** Ideal for tracking strength training workouts. It includes detailed workout logs, progress tracking, and health data integration.
- **Cost:** FREE for basic; \$4.99/month or \$29.99/year for premium
- **Compatibility:** iOS, Android and Apple Watch



Nike Training Club

- **Features:** Offers a variety of workouts inc. strength, endurance, yoga and mobility. Includes personalised training plans.
- **Cost:** FREE
- **Compatibility:** iOS, Android, Apple Watch and Garmin



Fitbit

- **Features:** Tracks daily activity, workouts, sleep, and heart rate. It also offers personalized insights and health metrics.
- **Cost:** Free with optional premium features
- **Compatibility:** iOS, Android, Fitbit devices



Gymshark Training

- **Features:** Provides a range of workouts including strength training, conditioning, cardio, yoga, and mobility. It also offers equipment-free workouts.
- **Cost:** FREE
- **Compatibility:** iOS and Android



Runkeeper

- **Features:** Ideal for runners, it tracks runs, walks, and other activities using GPS. It also offers training plans and progress tracking.
- **Cost:** FREE with optional premium features
- **Compatibility:** iOS and Android





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CONCLUSION

If after reading this booklet and gaining a detailed plan of what lies ahead; you know this is something you are interested in completing, please email: ryan.delaharpe@afcfylde.co.uk.

Ryan De La Harpe, our Community Engagement Co-ordinator, is also preparing to run a second cohort. This group will participate in Walking Football @ Weeton Barracks every Thursday morning for 12 weeks. This is a Health and Wellbeing session with some moderate fun activities during the sessions.



CONTACT US



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