



## Practice™ Strength 2010 Program Guidelines

### Overview

The Practice™ Strength support group is a year long transformation program that combines strength training, Pilates, aerobic activity and clean eating to help client-practitioners increase strength and muscle mass while decreasing body fat. Following the program established by Shawn Phillips in his book, Strength for Life, Practice instructors and mentors guide participants as they create personal vision statements, goals, meal plans and workout regimens. Each class meets weekly for 15 weeks, then monthly throughout the remainder of the year to deepen team encouragement, cooperation, and accountability.

### Program Cost & Required Materials

- All participants in the program will buy a 14 week Pilates Matwork & Yoga package for \$196 (\$14/class)
  - A class is subtracted each week from the participant's package, and cannot be extended past the Training Camp period.
  - The weekly class value can be put toward the purchase price of any type of class offered at the studio, including Pilates privates, duets, group reformer classes and TRX/Mat combo classes.
- All participants will need to buy a copy of Strength for Life by Shawn Phillips, ISBN 978-0-345-49846-5, Random House. New Copies are \$26, or can be found for less via online booksellers.
- Participants will need either a gym membership, or home gym equipment including dumbbells, weights bench, Pilates/Yoga Mat, and treadmill, elliptical machine, or stationary bike for those who don't want to run outside in winter!
- In order to participate beyond the first two phases of the program (2 week Base Camp and 12 week training camp), clients will need to maintain an active package at the studio (Matwork/Yoga, Privates, Duets, Group Reformer, or TRX).
- For participants interested in or requiring private nutritional counseling, an optional package will be available through Real Well, featuring registered dietitian Joan Wire.

### Program Outline

Practice™ Strength begins unofficially with an information meeting on Sunday, January 10 at 10a

- The Program outline and costs are reviewed
- Participants are asked to:
  - Start a 7 day food journal which they will bring to registration
  - Buy and read Strength for Life by Shawn Phillips

The Practice™ Strength support group begin officially with registration on Sunday, January 17, at 9a

- Registration, Payment of packages
- Review of the core components of the Strength for Life program, including
  - Base Camp (Vision, Goals, Diet, Exercise) 1/18 - 1/30/10
  - Training Camp (Diet, Exercise) 2/1 – 4/25/10
  - Beyond Base Camp (Seasons of Strength, Support group meetings, Goal revisions)
- Introduction of participants, including facilitator and mentors
- Introduction of Nutritionist, Joan Wire, RD
- Worksheets are distributed for Vision, Goals, Nutrition tracking and planning

## Base Camp (January 18 – 30)

- During Base Camp (support group meetings 2, 3), participants will:
  - Learn and follow the *Five Rules for the 12 Days of Base Camp*
  - Establish a vision for their year long journey
  - Create realistic and achievable goals for the 14 week training period
  - Work with nutritionist Joan Wire to:
    - Learn the concepts of nutritional freedom and nutritional awareness, including 10 nutritional freedom strategies
    - Learn how to establish a metabolic baseline for nutritional needs
    - Learn how to calculate average caloric intake based on their food journals
    - Learn how to establish a daily meal plan based on caloric requirements commensurate with the participant's goals
  - Learn the fundamentals of the exercises that are part of the Training Camp
  - Be measured for body weight and body composition (Jan 30)
  - Learn from Mentors about the opportunities as well as pitfalls that arise during the basecamp period
  - Be assigned to mentors for weekly check-ins
  - Select a fellow participant to check in with and possibly train with during the transformation training camp

## Transformation Training Camp (TTC) (Feb 1 – April 25)

- During support group meetings 4-7, participants will continue to work with Joan to deepen their nutritional awareness and continue learning how to plan their meals effectively in order to achieve goals as well as nutritional freedom.
- Participants will work with Patrick to
  - Understand and implement concepts and principles vital for practicing strength, including
    - The 4 fundamentals of practice
    - Good posture and the role it plays on your wellbeing
    - The advantage of incorporating Pilates and Yoga into your program
    - The shape of your life
    - Focus Intensity Training
    - The 7 Wonders of Strength
    - Blueprint for Brilliance
    - Eating to Live
    - The FIT cycle
    - Focus Intensity Cycle
    - Mastering motivation
    - Seasons of strength
  - Learn the specifics of the exercise regimen outlined in Strength for Life.
  - Revise vision and goals as new insights arise
- Mentors will solicit feedback from participants on their ongoing experiences with diet and exercise, and offer their acquired wisdom on how achieve their goals.

## Beyond TTC (4/26/10 - 1/02/11)

- Participants will work with Patrick and Mentors to
  - Refine their vision and revise goals
  - Establish a training plan to include the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> training seasons
  - Learn skillful means for working with peer pressure and boredom
  - Make the leaps from participant to practitioner to mentor

## 2 Best things you can do now to prepare for your journey:

- Buy and read Strength for Life
- Start food journal – write down everything you eat and drink, including quantity and the time of day.

## Calendar

Day	Date	Time	Event
Sunday	01/10/10	10:00:00 AM	Informational Meeting
Sunday	01/17/10	09:00:00 AM	Registration, Payment, 1 <sup>st</sup> support group meeting
Monday	01/18/10		Base Camp begins
Sunday	01/24/10	09:00:00 AM	Support Group Meeting #2
Saturday	01/30/10		Base Camp Ends
Sunday	01/31/10	09:00:00 AM	Support Group Meeting #3
Monday	02/01/10		Training Camp Begins
Sunday	02/07/10	09:00:00 AM	Support Group Meeting #4, End TC Week1
Sunday	02/14/10	09:00:00 AM	Support Group Meeting #5
Sunday	02/21/10	09:00:00 AM	Support Group Meeting #6
Sunday	02/28/10	09:00:00 AM	Support Group Meeting #7
Sunday	03/07/10	09:00:00 AM	Support Group Meeting #8
Sunday	03/14/10	09:00:00 AM	Support Group Meeting #9
Sunday	03/21/10	09:00:00 AM	Support Group Meeting #10
Sunday	03/28/10	09:00:00 AM	Support Group Meeting #11
Sunday	04/04/10	09:00:00 AM	Support Group Meeting #12
Sunday	04/11/10	09:00:00 AM	Support Group Meeting #13
Sunday	04/18/10	09:00:00 AM	Support Group Meeting #14
Sunday	04/25/10	09:00:00 AM	Support Group Meeting #15, Training Camp Ends
Monday	05/09/10		Season 2 Begins
Sunday	05/30/10	09:00:00 AM	Support Group Meeting #16
Sunday	06/27/10	09:00:00 AM	Support Group Meeting #17
Sunday	07/25/10	09:00:00 AM	Support Group Meeting #18
Sunday	08/29/10	09:00:00 AM	Support Group Meeting #19
Monday	07/26/10		Season 3 Begins
Sunday	09/26/10	09:00:00 AM	Support Group Meeting #20
Monday	10/18/10		Season 4 Begins
Sunday	10/31/10	09:00:00 AM	Support Group Meeting #21
Sunday	11/21/10	09:00:00 AM	Support Group Meeting #22
Sunday	01/02/11	09:00:00 AM	Support Group Meeting #23, Closing Ceremony

\*All meetings are held at the studio unless otherwise indicated.