

PERFORM LIKE A PRO

You've read about the challenge and what the Lucozade Sport athletes and trainers have to say; now meet the challengers. All six will be posting regular blogs and you can follow their progress online at menshealth.co.uk/lucozadesport and in Men's Health magazine. And, if you're up to it, you can interact with the challenge by downloading their programmes and following them yourself.

Football Challenge

Success is not based on training alone: **Sports Scientist Phil Evans** is taking care of the football challengers' diets. "I assessed their energy expenditure and recommended a nutritional split of approx 60% carbs, 25% protein and 15% fats. While they'll be getting most of this from their diets, they'll be supplementing with Lucozade Sport products. Fueling an intensive training program of both cardio and weight training will stress the energy reserves of the challengers, so recovery will be the key."

TOP TIP Lucozade Sport Recovery products deliver essential amino acids and enhance glycogen stores to support post-exercise muscle recovery.



Rugby Challenge

Sports Scientist Gareth Nicholas looked at the rugby challengers' diets. "Initially we're easing them into thinking about food differently," says Nicholas. "Being too strict at the start could backfire, so we've started them on the basics: lowering fat and carbohydrate intake and upping the amount of protein they eat to 20g every couple of hours. They'll be eating purely to recover from their training with lean meat, poultry, fish, eggs and low-fat dairy."

TOP TIP An easy way to pack in protein is with Lucozade Sport Pro Muscle Size & Strength Powder. One portion provides 20g of good-quality protein – take it as soon as possible after exercise to promote the strength you need to train like a pro.



Strength Challenge

It's not just the training that's going to be a shock to our challengers' systems. "It's a complete lifestyle change," says **Sports Scientist Dr Hannah MacLeod**. "To make things as easy as possible we'll be looking at their habits and changing them slowly. So, what they snack on, when they eat, whether they enjoy cooking – all these can be tweaked to support their programme. Most importantly we need to get 20g of protein plus a bit of carbohydrate into them post-training."

TOP TIP Lucozade Sport All-in-One contains carbohydrate, protein and creatine. Creatine helps support intense physical activity and enhance muscular strength.



Phil, Gareth and Hannah are members of the Lucozade Sport Science Team

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menshealth.co.uk/lucozadesport
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Chris Parsons

AGE 25
TOWN London
JOB Financial Adviser
SPORT Football: Left Midfield

GOAL/REASON
I've played football since I was nine and being quicker of the mark would really help my game. Being slimmer, toned and fitter would give me more confidence on the field as well as off. I've thought I looked in good shape but at the end of the 12 weeks I want to be able to say that. Plus I've told loads of people about this so I'm under pressure now!

TEST RESULTS
Jump 34cm
Speed: 5m 1.12s
Speed: 20m 3.24s
Squat 52kg

John Murphy

AGE 21
TOWN Newcastle
JOB Psychology Student
SPORT Football: Center Midfield

GOAL/REASON
I'm going to America over the summer to coach football and I want to look the part. It's hard to set an example if I'm not walking the walk. My diet isn't too bad but I'm in my third year at Uni and I've got a lot of work to do. I'll just have to fit my training around my studies - I'm determined so it won't be a problem.

TEST RESULTS
Jump 34.6cm
Speed: 5m 1.18s
Speed: 20m 3.18s
Squat 52kg

Richard Whelan

AGE 26
TOWN London
JOB Insurance Underwriter
SPORT Rugby: Fly Half

GOAL/REASON
I suffered ligament damage last year which put me out of action for three months. I'm targeting the sevens season this year to get back in shape and be fitter than I've ever been. Plus pace is something I want to work on - carrying extra weight has really slowed me down. I want to obliterate the next fitness test.

TEST RESULTS
Pull Up 1 (body weight)
Box Squat 6 (at 100kg)
Endurance Test 276.4s

Gavin Hutt

AGE 35
TOWN Newhaven
JOB Police Officer
SPORT Rugby: Flanker

GOAL/REASON
My main target is endurance and I'm looking forward to making a massive improvement in that respect. My son plays rugby and I want to get to 40 and play senior rugby with him, which I won't be able to do if I'm not in top shape. Eating right and being fit is about projecting the right image to my kids.

TEST RESULTS
Pull Up 4 (+40kg)
Box Squat 6 (at 170kg)
Endurance Test 302.5s

John Gandy

AGE 29
TOWN Leeds
JOB Administrator
SPORT Weights

GOAL/REASON
I suffer from 'Mania Syndrome' - everything can be done tomorrow. My diet is terrible. I prefer the snooze button to breakfast, and beer and pizza in front of the TV is an evening staple. I want to prove to myself that I can do this - I want to feel healthy and look good, which will put me in my fiancé's good books, too.

TEST RESULTS
Bench: 3-rep Max 45kg
Squat: 3-rep Max 70kg
Pull Up 3 (assisted)

Nigel Brockman

AGE 32
TOWN Nottingham
JOB Civil Engineer
SPORT Running

GOAL/REASON
My wife is really into fitness so I feel I should be, too! Feeling healthier and looking good are important but I'm also looking to change my approach to life. Being able to fit exercise in and around family life is a challenge but it's one worth attempting. It inspires the kids and gives them an example to follow.

TEST RESULTS
Bench: 3-rep Max 52.5kg
Squat: 3-rep Max 80kg
Pull Up 7 (assisted)

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