

15 Developing a Champion Routine

Summary Resource

Let's Recap!

Module 15 - Developing a Champion Routine

In module 15, you have learnt how to develop a champion routine with your nutrition. We discussed why routine is so important and how high performers use routine for success.



Chryssie Wellington

4 x Ironman Triathlon World Champion & World Record Holder

This guide offers a quick recap on the key points covered. You can come back to it at any point throughout the course, or why not download and save it alongside your notes?

It's then yours to keep forever!

What is a routine?

Routines are automatic sets of consecutive actions (or habits) and form a common part of everyday living.

For example, making your bed in the morning, preparing your breakfast, brushing your teeth daily are all examples of activities that encompass a 'daily routine'.

A routine is simply the sum of our 'habits', which we explored together in module 6.



Callum Smith

Former WBA, WBC Diamond & Ring Magazine Super World Champion. Winner of the World Boxing Super Series & Mohammed Ali Trophy.

How can a solid routine benefit you?

- ✔ Creates space / time for you to do more of what you enjoy.
- ✔ Allows you to conserve energy.
- ✔ Allows you to focus your energy on more important tasks such as studying or practicing a sport.
- ✔ It can be a key route to achieving long-term goals.
- ✔ Settling into a routine at the start of the day can stimulate your brain for a productive day ahead.
- ✔ Reduces the chances of making poor choices.



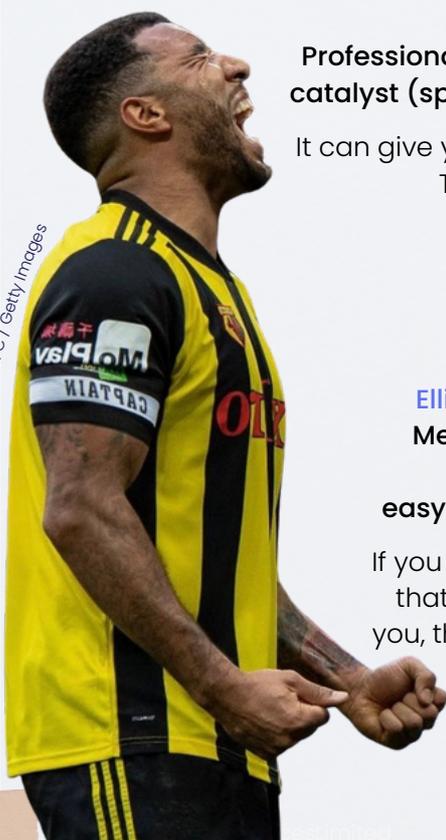
What do high performers say about routine?

Professional footballer **Troy Deeney** told us that routine can be the catalyst (spark) for positive change across many areas of your life.

It can give you structure and a purpose to work towards your goals. This can be applied to school, sport and other personal goals you may have!

Ellie Simmonds, 5 x Paralympic Gold Medalist told us that being prepared (having a routine) makes it easy to avoid making poor food choices.

If you have planned and prepared the food that you know you need and is good for you, then you have fewer reasons to opt for a poor choice while 'on-the-go'.



What are some examples of using a routine in your nutrition preparation?

Reap the benefits of a meal & snack routine

Each day it's important to routinely eat three main meals: breakfast, lunch and dinner – and add in snacks when you need them for energy or if hunger strikes. This provides a constant supply of energy and beneficial nutrients throughout the day to help fuel your best performances.

Get organised with bulk preparation

Most of the high performers we support prepare batches of healthy snacks or meals that can be stored in the fridge or freezer to access during the week. This helps to avoid skipping meals which can often result in binge eating or making poor food choices later in the day.



Asha Philip,

Olympic Sprinter. Double Olympic, World, European & Commonwealth Medalist

What if I miss parts of my routine or things don't go to plan?

Galal Yafai,

Olympic Gold Medalist, Professional Boxer



This is completely fine and normal. High performers see the bigger picture.

As Troy Deeney told us:

"Consistency in your routine outweighs days when you make poor decisions. Your routine doesn't need to be lost because of one poor meal or snack choice."

It's important to be kind to yourself and recognise that it is human nature to not get things right all of the time.

Galal Yafai, Olympic Gold medalist told us that:

"Staying motivated during hard times comes down to doing the best YOU can do, and not worrying about, or comparing yourself to, anyone else."

How can you get started with your own 'Champion' routine?

1

Start with why.

Being clear on your goals is essential to find purpose and avoid distraction. Work backwards from the bigger picture. Once you know who you want to be, building the routine will be so much easier.

2

Organise your day into quarters.

This makes everything seem more manageable and is a great tactic for any aspect of your life. If one quarter doesn't go to plan, you can still succeed with the other three quarters without feeling the day is wasted (you can still win the day!).

3

Have a morning routine that works for you.

Mornings can be tough, but starting the day with 'small wins' can psychologically set you up for a more productive and fulfilling day. 5 x World Champion Speedway Champion Tai Woffinden told us that simply making his bed in the morning feels like a small win that gives him a sense of satisfaction and reward that kick starts his day. He also reaps the benefits later in the day when he returns home to a nicely made bed.

4

Prepare your nutrition in advance.

Almost all of the high performers we work with have told us how important it is to be well prepared. It seems to be a core part of their identity! Keep it simple, target the key meals or snacks in your day that you have control over and start small.

5

Develop a 'Champion Environment'.

A supportive environment is very important to make a lasting change stick. Those around you can only support you provided they understand you. Ask for support – share your goals and your passion to change for the better. When you have the opportunity to control the food in your environment, make sure the options are related to your routine. Do the ingredients you have allow you to follow your routine?

6

Remember, routine doesn't mean rigid.

Having a routine shouldn't take the spontaneity or fun out of life. It does not mean that you have to do the same thing every single day! Use your core values and identity to make the right judgements and lean on your routine to help you make great decisions the majority of the time!



Time to take action!

1 Reflect on your current habits.

- Take a moment to write down all of the morning activities that you perform on a daily basis.
- Next to your list of activities, write down how these habits benefit you and set you up for your day.

Is there anything you could add or change to give yourself a better start to the day?

2 Let's focus on YOUR nutrition routine!

Developing a winning routine requires preparation, a clear reason for wanting to develop the routine and a supportive environment. Before we provide tips for building your own routine in the final video, create a mind map that highlights what YOU need to develop your routine.

Tips:

- What is the identity you want to achieve with your routine?
- Who do you need to help you with your routine?
- When would be the best time for you to prepare your food in advance?
- What barriers might get in the way of your routine?

3 Challenge for YOU!

You won't always have control over your environment and the food options available to you, which can often make sticking to your routine a bit more difficult. But you can choose your values about your nutrition, which can help guide your food choices.

Make a list of 5 key values you wish to uphold that allow you to make good food choices.

Examples include:

- I value whole foods over processed foods when the option is there.
- I choose water over soda when eating out.

Complete the morning routine builder!

Starting small is important and we wouldn't expect you to begin a completely new daily routine right away.

To help get you started, we've made a 'Morning Routine Builder Guide' that can help you build your own!

