



Sprint Intervals: Boost Metabolism (Fat Blaster Level 2)

- Warm Up 3 min walking and then run 7 minutes easy effort.
- Repeat 6-8 times:
 - 30 seconds at hard, sprint effort.
 - 90 seconds walking or very easy jogging to recover (walking almost always optimal here).
- Run easy for 10 minutes.
- Walk easy for 3 minutes to cool down.

Longer Speed Intervals: Raise Redline Threshold (Fat Blaster Level 5)

- Warm Up 3 min walking then run 7 minutes easy effort.
- Repeat 4-6 times:
 - 2 minutes at a hard red zone 4 effort - just outside your comfort zone, can't talk but in control and can hold for minutes.
 - 3 minutes walking and then easy jogging to recover.
- Run easy for 10 minutes.
- Walk easy for 3 minutes to cool down.

*You can also find these two workouts on the Pear Sports App. Download the Pear Sports App, then within the app search for Coach Jenny's Fat Blaster Workout Series.

Baked Oatmeal Recipe

Source: SkinnyTaste.com

Ingredients:

- 2 ripe bananas, sliced (or two peaches or apples, diced)
- 1.5 - 2 cups berries (I like blueberries and sliced strawberries)
- 1-2 tbsp honey or agave nectar
- Ground cinnamon
- 1 cup unsweetened almond or coconut milk (or any kind of unsweetened milk you like)
- 1 egg
- 1 tsp vanilla (I am generous with this)
- 1 cup quick oats (you can use whatever oats you like, these just bake well)
- 1/2 tsp baking powder
- 1/2 tsp salt
- Handful or so of any kind of chopped or sliced nuts you like

Directions:

Pre-heat oven to 375. In a 8x8 square glass baking dish, make a layer of sliced bananas or whatever base fruit you've chosen. Add 1 cup of berries. Drizzle with honey or agave nectar and sprinkle generously with cinnamon to taste. Bake for 15 mins.

While the fruit bakes, whisk milk, egg, and vanilla together in a large measuring cup or small bowl. In a separate bowl, mix oats, baking powder, salt, more cinnamon, and about half the nuts you plan to use.

When the fruit has finished baking, remove from oven and evenly sprinkle the dry ingredients over the fruit. Then, pour the wet ingredients evenly over the dry ingredients. Top with the remaining berries and nuts, bake for 30 mins.

Serves 4 - This slices like coffee cake. Store leftovers in the fridge for up to one week. Reheat for about 1 minute on regular heat in the microwave in a microwave safe bowl. For a larger batch, simply double and use a 13x9 inch glass baking dish.