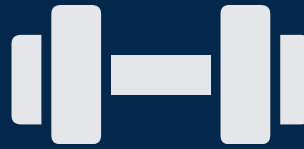


Complete Training Program

Nutrition | Cardio | Strength | Flexibility



Designed for Brianna Young



ACE TOTAL FITNESS
Life-Changing Fitness, Backed by Science
Personal Training & Program Design with Aaron Olar



Nutrition Overview

Client: Brianna Young

Age: 40 | **Height:** 5'6" | **Weight:** 148 lb

Goal: Improve endurance performance and lean muscle definition

Program: Endurance + Strength Training Split

Why Nutrition Matters

Brianna's nutrition program is designed to enhance running performance, recovery, and overall body composition.

Nutrition fuels endurance training, supports muscle recovery, and optimizes energy for long-distance efforts.

Current vs. Target Metrics

Metric	Current	Target	3-6 Month Goal
Weight	148 lb	142 lb	-6 lb
Body Fat %	~25 % (est.)	21 %	↓ 4 %
Lean Mass	~111 lb	113 lb	+2 lb lean gain

Daily Nutrition Targets

Day Type	Calories	Protein (g)	Carbs (g)	Fat (g)	Hydration
Run Training / Long Run Days	2,150 – 2,250	140 – 150	265 – 290	55 – 65	90-110 oz
Strength / Recovery Days	1,900 – 2,000	145 – 160	200 – 210	60 – 70	90 oz



Nutrition Overview

Program Overview

Brianna's plan balances **fueling for endurance** with **lean-muscle maintenance** through moderate protein intake, timed carbohydrates, and healthy fats.

The strategy emphasizes:

- **Pre-run carbohydrates** for sustained energy
- **Post-run protein** for recovery and repair
- **Hydration and electrolytes** for performance consistency
- **Evening snacks** to stabilize blood sugar and prevent overnight fatigue

The accompanying 7-Day Performance Meal Plan demonstrates real-food examples tailored to her training and recovery rhythm.



“Fuel your training. Power every stride.”



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Day 1 — Endurance Run (Higher Carb)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	1 cup oatmeal + 1 scoop whey + 1 banana	32	55	5	410
Snack	Greek yogurt (1 cup) + blueberries (1 cup)	20	25	0	200
Lunch	Grilled chicken (5 oz), brown rice (1 cup), mixed veggies	38	45	8	420
Snack	Rice cakes (2) + almond butter (1 tbsp)	6	18	8	190
Dinner	Salmon (5 oz), roasted sweet potato (1 cup), broccoli	38	35	12	420
Evening Snack (optional)	Cottage cheese (½ cup) + pineapple (½ cup)	14	10	3	120
Daily Total:	—	148	188	36	≈ 2,150 kcal



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Day 2 — Strength & Core (Balanced Macros)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	3 eggs + 2 egg whites, spinach, 1 slice toast	30	20	14	320
Snack	Protein shake + apple	28	25	2	230
Lunch	Ground turkey (5 oz), quinoa (1 cup), green beans	40	40	8	440
Snack	Greek yogurt (½ cup) + walnuts (1 tbsp)	15	6	8	160
Dinner	Baked tilapia (5 oz), roasted vegetables, olive oil drizzle	38	30	10	400
Evening Snack (optional)	½ cup cottage cheese + berries (½ cup)	14	6	3	110
Daily Total:	—	165	127	45	≈ 1,950 kcal



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Day 3 — Interval Run (High Energy Day)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	Protein pancakes (whey, oats, egg whites, berries)	28	40	5	330
Snack	Banana + peanut butter (1 tbsp)	4	25	8	180
Lunch	Chicken breast (5 oz), jasmine rice (1 cup), asparagus	38	45	6	410
Snack	Protein bar	20	22	7	250
Dinner	Shrimp stir-fry (6 oz shrimp, vegetables, brown rice 1 cup)	40	45	8	450
Evening Snack (optional)	Greek yogurt (½ cup) + honey (1 tsp)	10	8	1	80
Daily Total:	—	140	185	35	≈ 2,200 kcal



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Day 4 — Active Recovery (Moderate Carb)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	2 eggs + 2 whites, avocado (¼), 1 slice toast	26	20	13	300
Snack	Greek yogurt + ½ cup mango	15	15	0	160
Lunch	Tuna (4 oz) + mixed greens + olive oil dressing	30	8	14	280
Snack	Protein shake	25	5	2	140
Dinner	Baked chicken (5 oz), roasted veggies, quinoa (¾ cup)	38	35	8	400
Evening Snack (optional)	Cottage cheese (½ cup) + cinnamon	14	4	2	90
Daily Total:	—	148	87	39	≈ 1,900 kcal



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Day 5 — Long Run (High Carb Performance Day)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	Oatmeal (1 cup), 1 tbsp almond butter, sliced banana	15	60	10	400
Snack	Greek yogurt (1 cup) + granola (¼ cup)	20	25	4	220
Lunch	Chicken breast (6 oz), white rice (1½ cups), veggies	45	60	6	520
Snack	Protein shake + rice cakes (2)	28	25	2	250
Dinner	Salmon (5 oz), sweet potato (1 cup), spinach salad	38	35	12	430
Evening Snack (optional)	Cottage cheese (½ cup) + pineapple (½ cup)	14	10	3	120
Daily Total:	—	160	215	37	≈ 2,200 kcal



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Day 6 — Cross-Train / Strength (Balanced Macros)

Meal	Foods	Protein (g)		Carbs (g)	Fat (g)	Calories
Breakfast	Protein smoothie (whey, oats, almond milk, berries)	32		35	6	320
Snack	Protein bar	20		22	7	250
Lunch	Ground turkey (5 oz), quinoa (1 cup), mixed veggies	40		40	8	440
Snack	Apple + peanut butter (1 tbsp)	5		20	8	180
Dinner	Baked cod (5 oz), roasted vegetables, olive oil drizzle	35		25	9	370
Evening Snack (optional)	½ cup Greek yogurt + 1 tsp honey	10		8	1	80
Daily Total:	—	142		150	39	≈ 1,950 kcal



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Day 7 — Rest / Light Recovery

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	2 eggs + 2 whites, 1 slice toast, spinach	26	18	12	300
Snack	Protein shake	25	5	2	140
Lunch	Chicken salad (5 oz chicken, greens, vinaigrette)	38	10	14	320
Snack	Greek yogurt (1 cup) + sliced strawberries	18	15	0	160
Dinner	Tilapia (5 oz), cauliflower rice (1 cup), roasted broccoli	40	15	6	340
Evening Snack (optional)	Cottage cheese (½ cup) + 1 tbsp walnuts	14	3	5	120
Daily Total:	—	161	66	39	≈ 1,850 kcal