

My name is Carl Thomson. I live in Guernsey, Channel Islands, on a small Island south of the UK.

My target is to get in better shape and enter AT7. I have an Endurance background. In the past I raced Iron man triathlon, Duathlon and Race-walking and was successful. In Race walking I raked number 2 in GB, but my body didn't have a lot of Muscle.

I needed a change from all the racing and Endurance work.

I started to look on the Net for a good strength and Muscle workout Programmes to keep the body and mind in the top shape. After many hours of searching the net I found the AI. I listened to the Podcasts, I thought it sounded very good, but before I bought the AI I bought EAT STOP EAT. My wife and I used to fast before reading ESE and it made a lot of sense to us.

Then I thought it was time to buy AI the 3.0. In July 2011, I started on Muscle Endurance- good high reps, which gave a good pump to the muscles with a good deal of fatigue and then on to Rage for 2 weeks great workouts. At this time my wife bought the Venus Programme When I started my AI was at 1.4 in July I was very happy at my age how my body was changing getting stronger and in a better shape as well as leaner. I changed the way I trained, I had more time. I trained before work in a fasted state and I felt good and strong. I also had more time and energy because no more crazy hours on Endurance workouts.

Less hours but I was in better shape and for the first time in a long time I had the evenings back with my wife. We had our life back all through the AI programme. A double bonus more time more energy.

I bought the Immersion programme with Pod casts, which are a great Pump to the body and mind to help with the Training. I looked forward to Jan 2012 to give the At7 a good go. I was very nervous but very excited and wasn't sure yet what 12 week Programme to use- ATS or the new IXP. I changed my plan went on 3.0 for 2nd time before I move up for AT7.

I started to use the forum which was very good for feedback. For AT7 I will post a blog and it will be my first ever.

Each week I was putting in a brisk walk on sat and sun morning from 1hrs 20 min- a little longer each week plus 3 evening walks of about 60mins at a good pace. I was eating just below what the transformation plan suggested no breakfast so I fasted for about 14-16hrs each day but no longer than 24hrs.

16/02/12 2 weeks in hypertrophy I felt a lot stronger and leaner. I am using the Revers taper with higher calories- lots more energy for my workouts. I moved up to 2 boosters each week. On the early morning training days I was having oat bran with 30grams of whey protein like you said a "save guard".

19/2/12 Today was a special day, the gym boss came up and said how Sharpe I look and asked what kind of training I was doing. Later 2 more people asked me a similar questions and it made me feel good about myself, many thanks to AI. .

11/03/12 Last day of hypertrophy I am going on to Strength with still 2 boosters till the end of the comp if I can. The tapper diet seems to be working very well. I seem to be eating more carbs like all type of potato's sweet jacket/ swede. I enjoy my food more than ever. I have started using a Tanning bed for the picks. No more long walks but only 10mins warm-up and 5mins cool down. I felt too tired for my Gym workouts after long brisk walks.

It's been about 3 weeks since I have changed my Protein intake. When I used to train for endurance events like Triathlon and race-walking, I may only had about 50g of protein in my diet but now I am

getting up to about 100g-130g. I have been feeling a lot stronger and my muscle looks much better for it.

18/3/12 My stats have been the same for about 1 month but my looks has changed. More and more People in the Gym have said that I look a lot more muscular and leaner. My wife had taken some picks which looked very good.

Sunday 25/3/12 I started to add my brisk walks back in- 2hrs on a weekend and about 1hrs after evening meal. I am also back to having no breakfast but 2 big meals- dinner and evening with small piece of chocolate each night .Its seems to be working very well. I have learnt a lot about how my body works on this journey.

21/03/12 for the first time my weight has gone down but my shoulders are holding size. I look stronger and leaner each week. On the days I don't train I miss my breakfast which works well. I started to put in 1 day each week of 18-24 hrs. fast .

28/03/12 I started my week of water loading. I drunk about 8 litres a day and had a lots of toilet stops. My body is feeling a lot tighter.

A friend of mine is an art teacher, he promised to help me with the final photos. We will try to do that in 2 days, 1 part fasted state the next day with a good feed.

First day of photos went well. On the second day of picks I looked and felt fuller so I was very happy to have a chance to have two days of photos. Still when I got home my wife said we should try my back shots again. We did it with a basic camera. Although I was feeling worn out I was happier and we did use 1 of the back shots. Good work on her part.

MANY THANKS FOR ALL THE HELP WITH ALL THE GREAT AI SET UP. MY BODY HAS NEVER FELT AND LOOK SO GREAT.

ALL THE BEST CARL THOMSON