



THE 6AM STARTER PLAN

Everything for your first week of early classes at Sanctuary Fitness: what runs, what to eat, what to wear, and how to get out of bed. Written by Stevie Fulton, coaching in Clydebank since 2010.

WHAT RUNS AT 6AM

Tuesday 6am	Sanctuary Conditioning
Wednesday 6am	Sanctuary Strength
Friday 6am	Sanctuary Functional
Saturday 9am	Sanctuary Total Body

All classes are 50 minutes and coached. The 6am sessions are part of the 8-Week Package (£205), which also covers every evening class, the small-group Personal Training slots, a nutrition plan and a measure in week one and week eight.

YOUR FIRST WEEK

- Pick two mornings, not three. Two 6am sessions plus one evening or the Saturday is the week that sticks.
- Book them in your phone calendar tonight (clydebankpt.com/timetable has add-to-calendar links). A session in the diary gets done; a vague plan does not.
- Lay the kit out the night before: trainers, socks, a layer, a water bottle, the work bag. Decisions at 5:15am go badly.
- Arrive at 5:55. The door is open, the parking is free and right outside, and the Business Park is quiet at that hour.
- Tell me it is your first one. Everything scales, and nobody in the gym is watching anyone but themselves.

WHAT TO EAT

If you are up at 5:15: something small and quick. Half a banana, a slice of toast with peanut butter, a yoghurt, or just a coffee and water. You do not



need a full breakfast to train for an hour.

If you cannot face food: train on water and a coffee, and eat within an hour afterwards. Most 6am regulars do this.

The night before matters more than the morning. A proper dinner with protein and some carbs (rice, potatoes, bread) is the fuel for 6am. A late takeaway and three pints is not.

Afterwards, on the way to work: protein. Eggs, Greek yoghurt, a shake, a chicken wrap, overnight oats made the night before. This is the meal that makes the training count.

WHAT TO WEAR

- Trainers with a flat, firm sole for lifting; running shoes are fine for Sanctuary Conditioning.
- Layers. The gym is cool at six and warm by twenty past. A hoodie you can take off.
- Nothing new. Wear what you would walk the dog in. Nobody is dressed up at 6am.

GETTING OUT OF BED

- Alarm across the gym. Phone charging in the kitchen, not by the bed.
- Lights on, water, out the door. Do not sit down and do not check your phone.
- Bed by half ten on a 6am night. Seven hours of sleep is part of the plan, not a bonus.
- The first week is the hard one. By week three the alarm is the easy bit.

NEXT STEP

Email me at sanctuary@clydebankpt.com with the word 6AM and the two mornings you fancy. I will confirm the sessions and send the health questionnaire, and that is you started. Free consult first if you would rather talk it through.