



# THE BLAST PLAN

## THE BIG JANUARY AFTER-BLAST

I'm going to run things a little differently in January 2026.

I usually run three 28-day full Blast Plans per year starting in January, with After-Blast running in between these all year round.

This January, I will be running After-Blast instead of a Blast Plan.

After-Blast is a weekly check-in and support programme. And it is here, in my view, that the real progress is made. Where you tuck your knowledge under your arm and get on with the job of embedding new habits and progressing towards your goals – without the drama of short time pressures, worrying about having a holiday or the novelty of 'being on a diet'. Plus, you're safe in the knowledge that someone (i.e. me) is available for support and queries at any time.

January's After-Blast is aimed at those who have done a Blast Plan before, within the last couple of years. That said, it is also open to anyone who is familiar with getting into shape and who isn't a total newcomer to exercise or healthy eating.

### How it will work

- The big January After-Blast will run for 8 weeks from Saturday 10 January to Friday 6 March and cost £80
- You decide whether you're going to follow a Blast One style programme (portion sizes) or Blast Two style (tracking calories). A copy of the relevant eating guidelines can be sent on request.
- If you would like to track calories, I will calculate these for you.
- During this January After-Blast, I will send one or two emails each week by way of gentle prods and revision.
- Make sure you have a routine of exercise and strength work in place (if your plan is to train with me, then this will be an extra cost, please see below). You simply work with your eating guidelines and your calories (if you're tracking calories) as you did before on Blast alongside your training regime, getting stronger and losing fat as you go.

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- You will have longer on After-Blast, so there will be 'room' for holidays and celebrations, times when you might gain or stay the same. All of this is part of life and it will be treated as such.
- Each weekend you will email me two new body measurements (and weight, although that is optional) along with average calories.
- You can get in touch with me whenever you like if you're wobbling or have queries or need advice.

## Exercising and Training

Strength training is essential for bone density, strength, health and metabolism and not just when a person is trying to lose fat.

Many of you I know have your own workout regime in place which is fabulous and that should continue. If you don't, you may opt to join my live online group training at a discounted price of £10 per week (ordinarily £15) for the first 4 weeks of After-Blast. These sessions are recorded too so you can do them to suit you. You can, of course, also use the workouts on my YouTube channel (or anyone else's!) which are free.

The link to book will be in the Friday newsletter of 12 December. It's just me looking after everyone on this After-Blast (with Emma as support) so places may have to be limited.

If you have any questions, it's good to ask ahead of time. Thank you for reading.

Annie x  
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