

'MY LIFE IN A DAY'

Adrienne LDN

The PT, motivational speaker, coach and Power Hour podcast host (adriennelondon.com) explains how she found her true calling in life

Life

'My morning routine is non-negotiable – if I got up at 6.30am these days, I'd never stop chasing my tail!' Women are especially guilty of giving their time over to kids, partners, jobs and domestic chores before focusing on their own needs, so try pushing yourself to the top of your to-do list, rather than leaving your needs to the end of the day when you're physically, mentally and emotionally tired.'

'People learn in different ways, so it's crucial you figure out if you learn best listening to audio, watching videos, reading or working in a group.' For me, discovering audio learning while training for the London Marathon in 2017 was a game changer. I listened to audio content for hours on end and soaked it all up. I'm a podcast junkie, and now listen to around 18 hours a week while I cook, drive or run.'

'Food is a joy in my life, and I love to cook from scratch.' Lots of my projects can take six weeks to six months to complete, but when you cook you get instantly rewarded. When I'm on the go, I take homemade wraps with me filled with avocado, falafel and carrot... anything I can chuck in so that I'm not tempted to walk into a Pret and buy stuff I don't need. People are surprised I eat so much, but it's because I'm so active. I ate constantly when I ran six half marathons in six cities last year.'

'My energy is the same from the minute I wake up to when I go to bed so I don't have a relaxing wind-down routine, although I do enjoy giving myself a mini face massage with oil every night.' I also write all my thoughts down with a pen and paper to get them out of my head and set the three things I want to focus on the next day. I'm in bed by 9.45pm. I know it sounds boring, but I don't care – I sleep to win.'

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Work

'The first hour of my day is my "power hour" – cultivated time I've reclaimed for me before I have to run on other people's schedules.'

I wake every day by 5.30am and either go out for a run or do some stretching and mobility work. Then, I sit quietly with a cup of rooibos tea while answering emails and writing podcast scripts.

I get more done in this hour than I can in three hours later in the day because there's nothing to interrupt my workflow. Before the lockdown, after breakfast and the school run my day could take me anywhere, from meetings and podcast recordings to filming workouts for the Fiit app and coaching and mentoring clients.

I love the variety of this job and all the eclectic people I get to meet.'

'At 23, I was married, newly pregnant, dancing in the West End show We Will Rock You and living my best life.' Then my husband suddenly had a brain haemorrhage and I gave up my job to care for him. Eventually, he started recovering and our son Jude (now eight) was born, but we had to figure out our new lives. Having always

loved people and being active, I decided to train as a personal trainer. I ran bootcamp classes, wrote a blog and got involved in the London fitness scene. Over time, I was asked to partner with various brands, eventually becoming a global ambassador for Adidas for three years. But it was when I started my Power Hour

podcast 18 months ago I really found my voice to motivate others towards achieving their goals.'

'The idea for my podcast was born when I said "yes" to running the London Marathon in January 2017, then realised I could only fit in all the training if I got up an hour earlier.' That hour soon became the most important hour

of my day to boost productivity, long after the marathon training was over and I started giving talks on the subject. People were so interested that I began interviewing leading coaches, innovators and change makers – from Fearne Cotton to Deliciously Ella – on their daily routines and the rules they live by. We've all got 24 hours in the day, but it's how you use them that counts.'



ADRIENNE'S POWER-HOUR ADVICE

- 'Make the most of your morning power hour by incorporating some kind of movement to wake up your body and mind, even if it's gentle.'
- 'Don't think you can get up earlier and still stay up late. Sleep improves every aspect of your health – from your mindset and cognitive function to your immune system and digestion – so make it a priority.'
- 'Focus on you. You're going to give away your time and energy to other people for the rest of the day, so make the first hour all about your needs.'



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