

Girl's Weekend 2007

Advanced Training Schedule

In preparation for
June 28 – July 2, 2007



AS CO-TRAINERS, STEFANIE AND NANCY HAVE BEEN REVIEWING THE RESULTS OF THE 2006 WEEKEND. IT WAS A VERY CHALLENGING EVENT BUT THE TEAM CAME THROUGH WITH FLYING COLORS. THE MERE THOUGHT OF OUR FIRST-STRING TEAM VOTING UNANIMOUSLY TO HAVE NIGHT CAPS AND BREAKFAST BEFORE HEADING HOME AND THE MEMORY OF THE TEAM WAITING ENTHUSIASTICALLY TO RECEIVE THEIR ASSIGNED EARLY-MORNING MEETING TIME MAKES US JUST SWELL WITH PRIDE. FURTHER REINFORCEMENT ... THE YOUNG "STUD" AT BREAKFAST WHO WANTED TO SIT WITH US BECAUSE WE WERE MORE FUN THAN HIS BUDDIES, WELL IT JUST PROVES THAT ALL OF THE HARD WORK WAS WELL WORTH THE EFFORTS ON BOTH THE TRAINER'S AND THE TEAM'S PART.

SINCE YOU HAVE ALL BEEN PROMOTED TO "PARTIERS FIRST CLASS", WE FELT THE NEED TO BEGIN A MORE ADVANCED TRAINING SCHEDULE. WE REALIZE THAT THE RIGOROUS REGIMEN FOLLOWED ON THE WEEKEND EVENT IS A STEP UP FROM YOUR "NORMAL" HOME LIFE, SO WE OFFER THE FOLLOWING IN PREPARATION FOR THIS YEAR'S EVENT. WE HAVE GOTTEN A LATE START THIS YEAR, SO WE RECOMMEND STARTING THIS PROGRAM IMMEDIATELY TO INSURE THE STRONG, HEALTHY BODY AND MIND NEEDED TO SURVIVE THE JUNE RETREAT. CHART YOUR PROGRESS AND REVIEW IT OFTEN.

AND REMEMBER, THE "DUKE" WILL BE IN EFFECT AGAIN THIS YEAR FOR DETERMINING WHAT WE DO AS A GROUP...MAJORITY RULES! SO BEST TO BE IN SHAPE AND UP FOR THE CHALLENGE.

**SHOULD YOU HAVE ANY QUESTIONS,
OUR PROFESSIONAL TRAINERS ARE
AVAILABLE 24/7 TO ANSWER ANY
QUESTIONS YOU MAY HAVE
REGARDING THIS REGIMEN.**

GOOD LUCK TO OUR UPPERCLASSMEN ... AND, AS ALWAYS, PARTY ON!!!

GIRL'S WEEKEND 2007 TRAINING SCHEDULE (GWTS)

1. One of the best ways to prepare for the difficult schedule of alcohol consumption on an ongoing basis is to prepare your system gradually for the change. Your body will thank you for it. Start any training routine well in advance so as not to shock your system too drastically. And, as always, check with your physician before beginning any new exercise program.

2. This is a trick that your trainers themselves have used in the past to prepare for these events. On weekends in May & June, start having a drink every two hours consuming only small snacks in between. If you're a wine drinker, grapes make a great snack because they prepare your body for the oncoming influx. This works with either red or white wine. If you prefer vodka, potatoes make a great snack. Gin drinkers find Juniper berries a great fit, while beer drinkers fill up on malt, barley and hops for in-between snacks.

As your body starts to become accustomed to the two hour interval, begin to decrease the time between drinks. If at all possible, try to get down to a drink every few minutes. This will prove very beneficial to your stamina in the long run making for a more enjoyable weekend.

3. In conjunction with the above method, as you increase the number of drinks per hour, decrease your sleep time. As your system becomes weary from the alcohol it will require more sleep. This phenomenon must be resisted on your part. From our experience, the ratio of 10 drinks to 2 minutes of sleep has proven to be the optimal schedule.

4. To become accustomed to the combination of alcohol and sleep deprivation, this little trick can really increase your stamina:

?? Start with a cocktail at **breakfast**

?? Continue with beer at **lunchtime**. Lite beer such as Michelob Ultra is perfectly acceptable.

?? **Happy Hour** can begin around 2:00 with a martini or shot of whiskey.

?? **Dinner** can include a mixed drink using only a clear mixer to avoid a hangover (tonic, club soda or water is the best option here).

?? **A night cap** should always include an aperitif or something very sweet (Sambucca is ideal). This will help to accustom your head for the room spinning that will occur later when you try to sleep. Also, try to include dairy (such as a Black or White Russian) to keep a nutritional balance.

DO NOT, UNDER ANY CIRCUMSTANCES, TAKE A NAP ON THE DAYS WHEN YOU ARE ON THIS PARTICULAR TRAINING SCHEDULE. An attempted short burst of sleep may induce a coma.

5. A scheduled nap time will again be in effect this year. Last year, our trainers witnessed the positive results of allowing trainees short naps before a long night of partying, dancing, eating and drinking.

6. In preparation of our new smaller condo, there are certain exercises that you can practice at home before the weekend to adjust to the much smaller living quarters:

- ?? If you have a pet bed at home, try curling up in it for a "cat nap" to accustom your body to being cramped for long periods of time
- ?? Practice the fetal position
- ?? Try squeezing into a pet cage or small linen closet to become limber for the gyrations that your body will need to go through when trying to get comfy on a cot
- ?? Try napping in unconventional places ... under a coffee table, leaning on the fridge, balanced on the arm of a couch, on the commode. This will prove extremely beneficial in surviving on very little non-quality sleep time.
- ?? Practice showering in your kitchen sink
- ?? Urinating in a milk bottle or other small receptacle will help to prepare you for the itchy bitsy little commode in the bathroom. This is a difficult feat to master. Practice, practice, practice.
- ?? Roll up a washcloth to use as a pillow as the tight sleeping conditions will strictly prohibit the use of pillows

Nutritional Menu

Here's a nutritional schedule to aid in preparing yourself for prolonged alcohol consumption and over-eating. This high-fat, high-carb, high-calorie menu will help your body to adapt to the pending influx of sangria, vodka, wine, beer and gin and the constant flow of food that will inevitably be available 24 hours a day.

Just 3-days of this regimen should prepare you for the weekend. Try to follow the daily schedule as closely as possible.

NOTE: This menu was designed in conjunction with the Girl's Weekend Training Schedule. The combination of nutrition and exercise has proven to have the most effective results.

DAY 1:

BREAKFAST

Yummy Yogurt

1 part unflavored fat-free yogurt to 10 parts Sour Mash Whiskey. Blend and serve chilled with strawberry slices. Makes a wonderful starter for a healthy breakfast.

Eggs with Champagne sauce

Remember to go extra heavy on the champagne

Bloody Mary

Tomato juice, vodka, Tabasco, celery, salt & pepper.

Fill a tall glass with a good-quality vodka (Kettel One, Stoli, Absolut). To avoid an overabundance of calories which can make you sleepy, skip the tomato juice, Tabasco, salt & pepper. Sip slowly.

Cappuccino with a shot of Amaretto for a great morning pick-me-up

LUNCH

Jack Daniels Chicken

Use skinless chicken breasts, thighs or wings. Place in a large pot and cover with 2 quarts of Jack Daniels Tennessee Whiskey. Marinate for 6 days in the refrigerator. Get grill very hot and sear chicken quickly on both sides to seal in the alcohol. Brown slowly until golden on all sides. Serve with a side shot of Jack and BBQ sauce for dipping.

Ultra Exstacee

Michelob Ultra is a wonderful low-cal, low-carb alternative to the heavier beers, but it just doesn't "do the trick" as well as the higher alcohol-content lagers and ales. Ultra is a great alternative for the lighter fare of lunch, but to kick it up a bit, add a shot of tequila, whiskey or vodka to make a Boilermaker (see below).

DINNER

Carbonnade à la Flamande (Belgian Beer Stew)

Though normally considered a lunch preference, in this program beer can be used as a marinade, tenderizer, and leavener. Belgium (and we know how those Belgiumites can party!) is famous for this thick stew of beer, bacon, onions, and brown sugar.

Rigatoni with Vodka Sauce

This is the traditional dish with one minor adjustment for our purposes... the Vodka Sauce is just vodka.

Margarita Mashed Potatoes

This beautiful side dish is a perfect accompaniment to the Belgian beer stew. Prepare your favorite mashed potato dish using Bailey's Irish Cream in place of milk.

Place in a margarita glass and float a shot of Kahlua. Garnish with fruit marinated in cognac.



Need Dessert?

Jello Shots ... There's always room for Jell-O!

SNACKS

As mentioned in the training schedule, snacks between drinks are encouraged. The following are wonderful accompaniments for Happy Hour or those early morning eye-openers.

Chicken Wings in Soya & Gin

Place trimmed wings in an ovenproof dish. Sprinkle whatever you want (doesn't matter...you won't taste the spices). Mix 1 quart of gin and 1 teaspoon of soya sauce and pour over the wings. Cover and leave overnight turning at least once.

Heat the oven to 200 degrees and bake for 1 hour in the marinade, with the lid on. Put on protective gloves and eyewear, shin guards and a helmet, stand back and remove the lid. Bake for another 15 minutes uncovered. Remove from marinade and serve with onion rings.

Tequila Shrimp

Clean two shrimp and float them in a salt-rimmed martini glass filled with Tequila. Garnish with lemon wedge. May be served with a side of beer.

Boilermaker Bean Dip

Combine refried beans, 6 cans of Mexican beer, 1 can chipotle chilies and 3 cups of tequila in a sauce pan. Stir over medium heat until bubbly and hot. Add Pepper Jack cheese and mix until melted. Transfer to a serving bowl and add chopped green onions. Serve with chips and a Tequila Sunrise. Then just sit back and wait for the fireworks to start! Good luck.

DAY 2:

Same as Day 1, but increase all alcohol by 50%

DAY 3:

You should be totally bloated and oblivious to any of your surroundings by Day 3. Good work! Your body is now ready for whatever the weekend will bring. Should you feel the need for further conditioning, take a week off, then begin the 3-day cycle again. **Do not attempt to complete the program in 2 consecutive weeks or immediately before June 28th.** Your body needs time to recoup before beginning the cycle again.

CONGRATULATIONS! You're ready for 3 ½ days of eating, drinking, dancing and laughing. You've worked hard, now enjoy yourself. You deserve it!

Boilermaker (beer cocktail)

From Wikipedia, the free encyclopedia

A **Boilermaker** is a beer cocktail consisting of a shot of whiskey, tequila, or vodka, and a glass of beer (therefore sometimes also called simply a shot and a beer). Traditionally, the shot and the beer are served separately, although they may also be mixed before by the preparer.

Execution

There are various techniques for consuming a boilermaker:

- ?? Classically, the liquor is drunk in one gulp and chased immediately by the beer.
- ?? The two may be mixed by pouring the shot into the beer. Stirring is at the discretion of the drinker. This technique is called a **sidecar**.
- ?? The liquor can be poured directly into an open beer can with some beer removed ahead of time.
- ?? A shot glass of the liquor may be dropped into the beer from the surface just before drinking, glass and all - this technique is referred to as a **depth charge** in some circles. Upon the shot glass striking the bottom of the mug, the carbonation in the beer begins to fizz violently, requiring the drinker to immediately consume the entire drink, either leaving the shot glass in the mug, or grasping it with the lips when setting down the mug.

Bartending guides differ on the preferred technique, but all agree that speed is the essence of this drink: one aims to drink a boilermaker quickly and get drunk just as quickly.

One final note:

Some of these recipes may seem extreme to the inexperienced drinker. We therefore encourage all beginners to PLEASE DRINK RESPONSIBLY.