

**Pippa Vosper**, 35, is a fashion stylist who has worked for *i-D*, *American Vogue* and *Harper's Bazaar*. She had her first child in 2012 and five months ago started teaching spinning classes. She lives in west London

“Wherever I travelled I always took trainers and went running, but since becoming a spin instructor I've found that I need to be pushed to my limit. On a recent shoot my 6am call-times were preceded by rock-running and mountain-sprinting. The obsession started after I had my child. Pregnancy was a shock to my system. I lacked energy, ate terribly and felt awful. I vowed not to let it happen again, and trained to be a spinning instructor. I have always eaten a fairly balanced diet, but I used to crave sugar and am relieved now to have it under control. Before, I wouldn't have thought twice about eating a blueberry muffin for breakfast; now I stick to a low-sugar diet. I carry nuts and green juices with me to avoid temptation. I don't eat red meat more than once a week.” [pippavosper.com](http://pippavosper.com)



## Pippa's weekly fitness diary

### MONDAY

**6.30am** Thirty-minute run.  
**7am** Twenty minutes' meditation before work and baby duties take over.  
**7.30am** Bircher muesli, coffee – I drink one three-shot iced latte a day.  
**10.30am** Celery, spinach, cucumber, lime and apple juice.  
**12.30pm** Twenty minutes' floor work, concentrating on the core muscles, with techniques taught to me by Tim Weeks ([timweeks.co.uk](http://timweeks.co.uk)).  
**1.30pm** Grilled chicken, avocado, chilli oil, mixed greens.  
**4pm** Handful of mixed untreated nuts, banana.  
**7pm** Grilled salmon, spinach, brown rice.

### TUESDAY

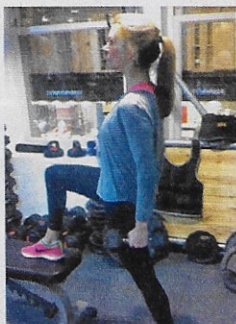
**7am** Meditation.  
**7.30am** Iced latte, sliced banana with chopped

fresh figs in natural yogurt.

**10am** Carrot, apple and ginger juice.  
**11am** Walk from home to lunch meeting in town.  
**12.30pm** Grilled fish, steamed vegetables.  
**4pm** Apple, kiwi, pear, red-grape salad.  
**5.45pm** Thai beef salad and brown rice.  
**7.30pm** Teach a spinning class at Lomax gym.

### WEDNESDAY

**7am** Meditation.  
**7.30am** Iced latte, home-made low-fat bran muffin.  
**10.30am** Green juice.  
**12pm** Forty-minute session with Tim Weeks.  
**1.30pm** Californian salmon roll, sashimi and



edamame. Carrot juice.  
**4pm** Untreated nuts, banana and medjool dates.  
**7.30pm** Spinning class.  
**9pm** Grilled salmon, spinach, brown rice.

### THURSDAY

**6am** Thirty-minute run.  
**7.30am** Iced latte and bran muffin.  
**9.30am** Carrot, apple and ginger juice.  
**11.30am** Chopped medjool dates and natural unsweetened yogurt with dash of agave syrup.  
**1pm** Chicken salad with avocado, spring onion and toasted pine nuts.  
**2pm** Massage at Lomax – a weekly indulgence.  
**3pm** Untreated nuts.  
**5.30pm** Protein shake.  
**7.30pm** Glass of red wine.  
**8pm** Butternut squash soup with pumpernickel toast. Orange sorbet.

### FRIDAY

**8am** Twenty-minute sprint up and down steep hill adjacent to my house.



**9am** Iced latte, chopped medjool dates, sliced banana, yogurt.  
**11am** Juice with spinach, pear, grapes, chia seeds, orange, banana, ice.  
**12pm** One hour with Hilary, my personal trainer at Lomax: intense boxing and strength-training.  
**2pm** Tuna salad with green beans, cherry tomatoes, boiled quail eggs, extra-virgin olive oil.  
**4pm** Iced latte.  
**5.30pm** Raw vegetables and home-made hummus.  
**8pm** Several glasses of champagne. Oysters followed by grilled king prawns and asparagus risotto. Crème brûlée.

### SATURDAY

**7am** Run in park.  
**8.30am** Smoked salmon and scrambled eggs.  
**12pm** Wild-berry smoothie with yogurt.  
**2pm** Artichoke, fresh mint and edamame salad.  
**4pm** Carrot, apple and ginger juice.  
**8.30pm** Duck, watermelon and cashew salad. Black cod. No-sugar mojito.

### SUNDAY

**8am** Avocado on toasted rye, double espresso.  
**9am** Teach first class.  
**9.45am** Coconut water.  
**10am** Second 45-minute intense spinning class.  
**11am** Smoothie of oats, coconut milk, pineapple, apple, banana and honey.  
**1pm** Quinoa salad with purple sprouting broccoli.  
**3pm** Cycle through park with fiancé and baby.  
**8pm** Grilled steak and steamed vegetables. Baked apple and cinnamon with light crème fraîche. ●