

# ATHELÜNE

## Foundations

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Energy, Fuel & Function

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## Foreword

There is a particular kind of fatigue that does not respond to discipline.

You try harder.

You optimise.

You follow advice carefully.

And yet, something still feels off.

Athelune Foundations was written for that space.

This guide is grounded in nutritional science and physiology, interpreted through a calm, non-prescriptive lens. It is not built on trends, extremes, or moral language around food and performance.

It exists to restore clarity.

To help you understand energy not as willpower, but as biology.

To understand food not as control, but as support.

To understand rhythm not as perfection, but as stabilisation.

If you move with intention - you are an athlete.

And athletes require foundations.

Read slowly.

Return often.

Implement gently.

*Lucy Dedman*



# How To Use This Guide

This is not a plan to complete.

It is a framework to understand.

You do not need to implement everything at once.

You do not need to optimise every area.

You do not need to “do it perfectly”.

Instead:

- Read in order.
- Notice what resonates.
- Identify when instability may exist.
- Begin with one anchor.

Foundations are stabilised gradually - not forced into place.

Return to this guide when:

- Energy feels inconsistent
- Motivation feels strained
- You are tempted to restrict or overcorrect
- You feel confused by conflicting advice

This work is cyclical. Not linear.





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# PART I

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## Foundations



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# Module 1

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*This module is about understanding why fatigue is not a personal failing, and how energy is shaped by physiology rather than effort.*

# 1.1 Energy Is Not Willpower

Fatigue is not a character flaw.

Energy production is a physiological process involving nutrient availability, nervous system regulation, hormonal signalling, sleep architecture, and metabolic demand.

When demand exceeds supply - fatigue follows.

This is not weakness.  
It is biology.

## **The Energy Allocation Model**

Your body prioritises survival functions first:

- Brain
- Heart
- Organs
- Immune Function

Performance is secondary.

When foundational energy is compromised, high performance becomes unstable.

This is why discipline cannot override depletion.

Understanding this removes shame.

