




MAROUBRA Evolution Outdoors 2011 - July 6am sessions	 www.evolutionstarts6am.com	Tom Powell 0424 093 133 tom@etwgroup.com	RED SESSIONS Cardio vascular based training of moderate to high intensity	BLUE SESSIONS Total body strength, weight bearing & stabilisation exercises	GREEN SESSIONS Focus on mind-body connection; lower, upper and core body strength
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WEEK 1					
Monday @ 6am 27 June 2011	Tuesday @ 6am 28 June 2011	Wednesday @ 6am 29 June 2011	Thursday @ 6am 30 June 2011	Friday @ 6am 1 July 2011	Saturday @ 7am 2 July 2011
Double Grip Med Balls & Run for Endurance	Yoga & Body Blast	Box with Power	No Pain No Gain & Stretch it out	Double Grip Med Balls Sprints Stretch It Out	No Pain No Gain
Maroubra Beach	Logan Dance Studio	Maroubra Beach	Logan Dance Studio	Maroubra Beach	Cooper Park
Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Yoga: improve flexibility core and mind body connection & Body Blast: total body workout focusing on strength, cardio and core.	Hi rep boxing drills to develop cardio endurance and power.	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Stretch it Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	a surprise circuit that could be bodyweight or equipment based.

WEEK 2					
Monday @ 6am 4 July 2011	Tuesday @ 6am 5 July 2011	Wednesday @ 6am 6 July 2011	Thursday @ 6am 7 July 2011	Friday @ 6am 8 July 2011	Saturday @ 7am 9 July 2011
Barbell Weights & Interval Based Running	Yoga & Body Blast	Box with Power	No Pain No Gain & Stretch it out	Barbell Weights Sprints Stretch It Out	Body Blast
Maroubra Beach	Logan Dance Studio	Maroubra Beach	Logan Dance Studio	Maroubra Beach	Centennial Park
Barbell Weights: build and tone your muscles with outdoor weights training. & Interval Based Running: interval based running session to get you running faster and further	Yoga: improve flexibility core and mind body connection & Body Blast: total body workout focusing on strength, cardio and core.	Hi rep boxing drills to develop cardio endurance and power.	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Barbell Weights: build and tone your muscles with outdoor weights training. & Stretch It Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	total body workout focusing on strength, cardio and core.

WEEK 3					
Monday @ 6am 11 July 2011	Tuesday @ 6am 12 July 2011	Wednesday @ 6am 13 July 2011	Thursday @ 6am 14 July 2011	Friday @ 6am 15 July 2011	Saturday @ 7am 16 July 2011
Med Ball Mashup & Run for Endurance	Yoga & Body Blast	Challenge Yourself	No Pain No Gain & Stretch it out	Med Ball Mashup Sprints Stretch It Out	Kayaking & Body Blast
Maroubra Beach	Logan Dance Studio	Maroubra Beach	Logan Dance Studio	Maroubra Beach	Rose Bay
Med Ball Mashup: strength work using medball for additional resistance. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Yoga: improve flexibility core and mind body connection & Body Blast: total body workout focusing on strength, cardio and core.	Set a benchmark for yourself in this session. Next time around you'll see how much you've improved	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Med Ball Mashup: strength work using medball for additional resistance. & Stretch It Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Kayaking: Get out on the water and feed your soul on Sydney Harbour. & Body Blast: total body workout focusing on strength, cardio and core.

WEEK 4					
Monday @ 6am 18 July 2011	Tuesday @ 6am 19 July 2011	Wednesday @ 6am 20 July 2011	Thursday @ 6am 21 July 2011	Friday @ 6am 22 July 2011	Saturday @ 7am 23 July 2011
Kettlebells & Interval Based Running	Yoga & Body Blast	Box with Power	No Pain No Gain & Stretch It Out	Kettlebells Sprints Stretch It Out	Mega Session
Maroubra Beach	Logan Dance Studio	Maroubra Beach	Logan Dance Studio	Maroubra Beach	Centennial Park
Kettlebells: use this traditional Russian weight to develop muscular strength and flexibility. & Interval Based Running: interval based running session to get you running faster and further	Yoga: improve flexibility core and mind body connection & Body Blast: total body workout focusing on strength, cardio and core.	Hi rep boxing drills to develop cardio endurance and power.	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Stretch It Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Kettlebells: use this traditional Russian weight to develop muscular strength and flexibility. & Stretch It Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	extended training session, bring a friend and introduce them to the Evolution way. Starting from 7am. Come along whenever suits and make a morning of it!!

THURSDAY RUN FOR FUN SESSIONS		SESSION OPTIONS	KLICK ALLIANCE PARTNER
WEEK 1 Thursday Rushcutters Bay Park	WEEK 2 Thursday Logan Dance Studio	Tuesday @ 6am Howey Circuit	Please show your support for our Alliance Partners 
		Bronte Park	
WEEK 3 Thursday Woollahra Sailing Club	WEEK 4 - Thursday Bronte Park	challenge your body as only Howard can ...a once a week must!!	Order your organic fruit and veg box on a Tuesday and collect Fri arvo onwards. Large = \$55, Small = \$35. Email organics@molllys.com.au 

LOCATION FINDER		Bring a friend Friday's	Sunday 24th July
Internet search for more location descriptions		Every Friday this timetable	A great warm up run for longer events
"Evolution where do we train"		most friends each 4 week block	Sutherland to Surf - 11km Fun Run
Logan Dance Studio	Woollahra Sailing Club	Fridays are "Bring a Friend Fridays"! The perfect chance to bring someone along for a free session so they can experience first hand why Evolution starts @ 6am.	The mostly downhill 11km course from Sutherland Entertainment Centre to Wanda Beach will make this event fast and furious for the elite and enjoyable for first timers. We even have a walker division if you want to stroll with your friends or family!
161 Alison Rd, Randwick. Located on corner of Alison & Belmore Road. Head up the stairs of the yellow building.	The club is located right next to Lyne Park in Rose Bay. Enter Vickery Avenue off New South Head Road, and park behind the Tennis courts.	for more info contact - tom@etwgroup.com	for more info contact - rob@etwgroup.com http://www.sutherland2surf.com.au/