



RUSHCUTTERS Evolution Outdoors 2011 - July 6am sessions	 www.evolutionstarts6am.com	Rob Meneses 0418 99 66 89 rob@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
Med Ball Mashup & Sprints	Rush Hour & Run for Endurance	Med Ball Mashup & Resistance Tubes	Yoga & No Pain No Gain	Box with Power	No Pain No Gain
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Woollahra Sailing Club	Rushcutters Bay Park	Cooper Park
Med Ball Mashup: strength work using medball for additional resistance. & Sprints: Short and sweet for an awesome metabolic boost.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Med Ball Mashup: strength work using medball for additional resistance. & Resistance Tubes: the ultimate strength and conditioning tool.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Hi rep boxing drills to develop cardio endurance and power.	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
Kettlebells & Sprints	Rush Hour & Run for Endurance	Challenge Yourself	Yoga & No Pain No Gain	Box with Power	Body Blast
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Woollahra Sailing Club	Rushcutters Bay Park	Centennial Park
Kettlebells: use this traditional Russian weight to develop muscular strength and flexibility. & Sprints: Short and sweet for an awesome metabolic boost.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Set a benchmark for yourself in this session. Next time around you'll see how much you've improved	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Hi rep boxing drills to develop cardio endurance and power.	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
Double Grip Med Balls & Sprints	Rush Hour & Run for Endurance	Double Grip Med Balls & Balanced Attack	Yoga & No Pain No Gain	Box with Power	Kayaking & Body Blast
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Woollahra Sailing Club	Rushcutters Bay Park	Rose Bay
Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Sprints: Short and sweet for an awesome metabolic boost.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Balanced Attack: improve your balance & co-ordination using simple drills	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Hi rep boxing drills to develop cardio endurance and power.	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
Barbell Weights & Sprints	Rush Hour & Run for Endurance	Barbell Weights & Moving Circuit	Yoga & No Pain No Gain	Box with Power	Mega Session
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Woollahra Sailing Club	Rushcutters Bay Park	Centennial Park
Barbell Weights: build and tone your muscles with outdoor weights training. & Sprints: Short and sweet for an awesome metabolic boost.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Barbell Weights: build and tone your muscles with outdoor weights training. & Moving Circuit: moving through the park. Using nature for a combo cardio and strength session.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Hi rep boxing drills to develop cardio endurance and power.	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 RUN SESSIONS		SESSION OPTIONS	KLICK ALLIANCE PARTNER
WEEK 1 Thursday Rushcutters Bay Park	WEEK 2 Thursday Logan Dance Studio	Tuesday @ 6am Yoga & Body Blast	 Shop 16, 24-30 Springfield Avenue Potts Point 9380 7232 <i>go in</i> and say hi to Alister
		Logan Dance Studio	
WEEK 3 Thursday Woollahra Sailing Club	WEEK 4 - Thursday Bronte Park	Yoga: improve flexibility core and mind body connection & Body Blast: total body workout focusing on strength, cardio and core.	A great warm up run for longer events Sutherland to Surf - 11km Fun Run 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! for more info contact - rob@etwgroup.com http://www.sutherland2surf.com.au/
LOCATION FINDER Internet search for more location descriptions "Evolution where do we train" Logan Dance Studio 161 Alison Rd, Randwick. Located on corner of Alison & Belmore Road. Head up the stairs of the yellow building.		Sat 2nd & Sun 3rd July Off Road Adventure Racing Tough Bloke Challenge An off road running event that combines the challenges of cross country running, man made and natural obstacles, water crossings, mud and some unexpected surprises. A great event to do as an individual or in a small team. for more info contact - rob@etwgroup.com www.maxadventure.com.au/toughblokechallenge/	