


RUSHCUTTERS Evolution Outdoors 2011 - July 7.15am sessions	 www.evolutionstartsat6am.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 @ 7.15am 27 June 2011	28 June 2011	Wednesday @ 7.15am 29 June 2011	30 June 2011	Friday @ 7.15am 1 July 2011	Saturday @ 7am 2 July 2011
Boxing with Technique & Sprints	REST DAY - NO SESSION	Med Ball Mashup & Resistance Tubes	REST DAY - NO SESSION	Box with Power	No Pain No Gain BONUS SESSION
Rushcutters Bay Park		Rushcutters Bay Park		Rushcutters Bay Park	Cooper Park
Boxing with Technique: boxing technique drills using focus mitts to help build up skills & co-ordination & Sprints: Short and sweet for an awesome metabolic boost.		Med Ball Mashup: strength work using medball for additional resistance. & Resistance Tubes: the ultimate strength and conditioning tool.		Hi rep boxing drills to develop cardio endurance and power.	a surprise circuit that could be bodyweight or equipment based.

WEEK 2					
Monday @ 7.15am 4 July 2011	5 July 2011	Wednesday @ 7.15am 6 July 2011	7 July 2011	Friday @ 7.15am 8 July 2011	Saturday @ 7am 9 July 2011
Boxing with Technique & Sprints	REST DAY - NO SESSION	Challenge Yourself	REST DAY - NO SESSION	Box with Power	Body Blast BONUS SESSION
Rushcutters Bay Park		Rushcutters Bay Park		Rushcutters Bay Park	Centennial Park
Boxing with Technique: boxing technique drills using focus mitts to help build up skills & co-ordination & Sprints: Short and sweet for an awesome metabolic boost.		Set a benchmark for yourself in this session. Next time around you'll see how much you've improved		Hi rep boxing drills to develop cardio endurance and power.	total body workout focusing on strength, cardio and core.

WEEK 3					
Monday @ 7.15am 11 July 2011	12 July 2011	Wednesday @ 7.15am 13 July 2011	14 July 2011	Friday @ 7.15am 15 July 2011	Saturday @ 7am 16 July 2011
Boxing with Technique & Sprints	REST DAY - NO SESSION	Double Grip Med Balls & Balanced Attack	REST DAY - NO SESSION	Box with Power	Kayaking BONUS SESSION Body Blast
Rushcutters Bay Park		Rushcutters Bay Park		Rushcutters Bay Park	Rose Bay
Boxing with Technique: boxing technique drills using focus mitts to help build up skills & co-ordination & Sprints: Short and sweet for an awesome metabolic boost.		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		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 @ 7.15am 18 July 2011	19 July 2011	Wednesday @ 7.15am 20 July 2011	21 July 2011	Friday @ 7.15am 22 July 2011	Saturday @ 7am 23 July 2011
Boxing with Technique & Sprints	REST DAY - NO SESSION	Barbell Weights & Moving Circuit	REST DAY - NO SESSION	Box with Power	Mega Session BONUS SESSION
Rushcutters Bay Park		Rushcutters Bay Park		Rushcutters Bay Park	Centennial Park
Boxing with Technique: boxing technique drills using focus mitts to help build up skills & co-ordination & Sprints: Short and sweet for an awesome metabolic boost.		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.		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!!

SESSION OPTIONS				KLIK ALLIANCE PARTNER	
Tuesday @ 6am	Thursday @ 6am	Thursday @ 6am		Please show your support for our Alliance Partners	
				 Shop 16, 24-30 Springfield Avenue Potts Point 9380 7232 <i>go in</i> <i>and say hi to Alister</i>	

LOCATION FINDER		Sat 2nd & Sun 3rd July	Sunday 24th July
Internet search for more location descriptions		Off Road Adventure Racing	A great warm up run for longer events
"Evolution where do we train"		Tough Bloke Challenge	Sutherland to Surf - 11km Fun Run
Logan Dance Studio	Lyne Park	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.	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.	Off New South Head Road in Rose Bay. Nearest cross streets are O'Sullivan Road & Kent Road. Meet in the park adjacent to Catalinas Restaurant.	for more info contact - rob@etwgroup.com www.maxadventure.com.au/toughblokechallenge/	for more info contact - rob@etwgroup.com http://www.sutherland2surf.com.au/