MAROUBRA
Evolution Outdoors
2011 - Sept/Oct
6am sessions

evolution to wellbeing
www.evolutionstartsat6am.com

Tom Powell
0424 093 133
tom@etwgroup.com

RED SESSIONS	BLUE SESSIONS	GREEN SESSIONS
Cardio vascular based training of moderate to high intensity	Total body strength, weight bearing & stabilisation exercises	Focus on mind-body connection; lower, upper and core body strength

WEEK 1

Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
19 September 2011	**20 September 2011**	**21 September 2011**	**22 September 2011**	**23 September 2011**	**24 September 2011**
Double Grip Med Balls & Run for Endurance	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Circuit Combo / Sprints / Stretch It Out	No Pain No Gain
Maroubra Beach	**Bronte Park**	**Maroubra Beach**	**Coogee Beach**	**Maroubra Beach**	**Queens 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 & Howey Circuit: challenge your body as only Howard can …a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Circuit Combo: total body circuit (can be equipment or non-equipment based) & 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	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
26 September 2011	**27 September 2011**	**28 September 2011**	**29 September 2011**	**30 September 2011**	**1 October 2011**
Barbell Weights & Interval Based Running	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Challenge Yourself	Body Blast
Maroubra Beach	**Bronte Park**	**Maroubra Beach**	**Coogee Beach**	**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 & Howey Circuit: challenge your body as only Howard can …a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Set a benchmark for yourself in this session. Next time around you'll see how much you've improved	total body workout focusing on strength, cardio and core.

WEEK 3

Monday @ 7am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
3 October 2011	**4 October 2011**	**5 October 2011**	**6 October 2011**	**7 October 2011**	**8 October 2011**
Public Holiday Session	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Med Ball Mashup / Sprints / Stretch It Out	Kayaking & Body Blast
Centennial Park	**Bronte Park**	**Maroubra Beach**	**Coogee Beach**	**Maroubra Beach**	**Rose Bay**
A surprise is as good as a holiday	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can …a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	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	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 8am
10 October 2011	**11 October 2011**	**12 October 2011**	**13 October 2011**	**14 October 2011**	**15 October 2011**
Dumbell Demons & Skipping	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Circuit Combo / Sprints / Stretch It Out	inter KLIK Challenge
Maroubra Beach	**Bronte Park**	**Maroubra Beach**	**Coogee Beach**	**Maroubra Beach**	**Centennial Park**
Dumbell Demons: using dumbells to balance out your body and strengthen and tone your muscles. & Skipping: alternate running and strength exercises with interval based rope jumping.	Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can …a once a week must!!	Hi rep boxing drills to develop cardio endurance and power.	Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	Circuit Combo: total body circuit (can be equipment or non-equipment based) & Stretch It Out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	The battle of the KLIKS. Relays, races, challenges and games to test who is the GREATEST KLIK of them all

THURSDAY RUN FOR FUN SESSIONS

WEEK 1 Thursday **Rushcutters Bay Park**	**WEEK 2** Thursday **Lyne Park, Rose Bay**
WEEK 3 Thursday **Coogee Beach**	**WEEK 4** Thursday **Lyne Park, Rose Bay**

KLIK ALLIANCE PARTNER

Please show your support for our Alliance Partners

LOCATION FINDER

Internet search for more location descriptions

"Evolution where do we train"

Coogee Beach	Centennial Park
Parking is available in the public car park at the end of Dolphin Street (North end of beach). Meeting place is in the park area immediately adjacent to the parking lot.	Best entrance is the Paddington Gates. Meeting point is just off the road next to the main restaurant (to the east of the restaurant). The closest cross street (in the Park) is Parkes Street.

Saturday 15th October

Can Coogee KLIK hold onto the title?

Inter KLIK Challenge

Join in & represent your KLIK as you compete against the other KLIKS in a variety of fun games & competitive races.

for more info contact - rob@etwgroup.com

Saturday 3rd December

The most fun with your pants on!

Mud Run

The Mud Run is an obstacle jumping, mud crawling, hill climbing gallop around the world famous Sydney Equestrian Cross Country Course!

for more info contact - rob@etwgroup.com