

## DATES TO REMEMBER

SAT 15 <sup>TH</sup> JUNE	BOOTCAMP GROUP PHOTO & BALI BOOTCAMP MEET <b>(Can all Bali Bootcamp members come along on this day )</b>
WED 19 <sup>TH</sup> JUNE	LAST SESSION OF MAY/JUNE BOOTCAMP
THURS 20 <sup>TH</sup> JUNE	LAST TERM 2 SESSION
SUN 23-28 JUNE	<b>"BALI BOOTCAMP" 3 SPOTS STILL AVAILABLE</b>
WED 3 <sup>RD</sup> JULY	FITNESSNRG PT TRAINING RESUMES
MON 15 <sup>TH</sup> JULY	BOOTCAMP STARTS
TUES 16 <sup>TH</sup> JULY	TERM 3 CLASSES START

## TERM 2 GROUP CLASSES

There are only 2 weeks left of term 2 classes. If you have missed classes throughout the term you can make up these classes by jumping into other sessions within the term.. . Thankyou for supporting these classes I put on. I hope you have enjoyed the sessions and I look forward to term 3.

## TERM 3 GROUP CLASSES 15<sup>th</sup> July – 19<sup>th</sup> September

Term 3 classes start on Tuesday 16<sup>th</sup> July. The term is 10 weeks duration and the cost is \$135.00. I will have a list you can write your name on in the gym over the next couple of weeks. If you would like a class on the timetable or a suggestion please also write on the list. Term classes need a minimum of 4 people to run in each session

## BOOTCAMP

The last session for this Bootcamp is Wednesday 19<sup>th</sup> June. The next Bootcamp will start Monday 15<sup>th</sup> July and end Monday 12<sup>th</sup> August. Thankyou, for all of your hard training and dedication. I look forward to seeing your results after the fitness testing . There will be a small prize for the highest achiever. Give it your best on the test !! A reminder that there is a group photo on Saturday . Wear something camo ! I have invited the Bali Bootcamp participants to come along for a meet and greet session on Saturday also.,

## EATING OUT

Long gone are the days when we would indulge in a fast food meal or go out for dinner once a week. Often we find ourselves eating out 2-3 x a week and consuming the extra 500-600 calories (per meal!) that we do not need. So, if you do eat out often, here is how you can strike a balance between the experience, convenience and calories.

- 1) Limit large, numerous course meals to just once each week.
- 2) Get used to ordering only a main meal and vegetable side for mid-week meals.
- 3) Look for soup or salad options for a light meal option.
- 4) Swap dessert for a coffee and biscotti or after dinner mint.
- 5) Ask for all dressings and extras on the side so that you can control how much extra fat you are adding to a meal.
- 6) Practice eating to a point where you are not feeling stuffed.
- 7) Order an extra side of vegetables no matter where you are or what you are eating.
- 8) For the girls, most main meals can be shared.
- 9) Never go hungry – grab a protein rich snack an hour before you head out.
- 10) Go light with your other meal, for example, swap lunch for a salad or shake.

# RUNNING SURFACES

## Trails, grass and sand. Reduce your injury risk and boost your performance

Most runners log their kilometres on suburban streets. But roads shouldn't be your only training ground. "Running on different surfaces changes up the scenery, workout, and effort, giving road runners an often-needed break," says running and multisport coach Jennifer Novak. A change of venue can also keep you healthier and boost your fitness. Running once or twice a week on grass, sand, or trails, or even in the pool, reduces pounding on your legs, which minimises injury risk. And pushing off on softer surfaces engages and strengthens more muscles, which can translate into faster times on the road, says Novak. Here's how to adapt your workout to whatever lies beneath.

**GRASS** Compared with asphalt or concrete, running on grass produces up to 17 per cent less pressure on your feet, reports a recent study in the *Journal of Sports Sciences*. This makes it ideal for runners on the mend who want a forgiving surface to help them transition back to the roads. That giving nature is also ideal for runners looking to minimise injury risk while increasing mileage or intensity.

**What to do there:** Speedwork. On a well-groomed surface like a footy oval, after warming up, run three minutes, two minutes, then one minute hard with a one-minute rest in between. The intensity should be such that you can speak just a word or two at a time. Start with two to three sets and progress to five.

## SAND

The unstable surface of the beach helps strengthen muscles in your feet, legs, hips, and core, says Novak. Sand running also ramps up the aerobic challenge, burning more kilojoules – about 1.6 times as many – than road running, reports *The Journal of Experimental Biology*. Warning: If you're coming off an injury or have limited flexibility in your ankles, avoid sand since it puts extra strain on your lower legs and calves, says Novak.

**What to do there:** Easy runs. Begin sand running by finishing up your regular road workout with five easy minutes seaside; keep your shoes on and stay on the harder sand closest to the water for more traction, says Novak. Progress to running seven minutes easy, alternating two minutes on the hard sand and 30 seconds on the softer sand further from shore. Reverse direction and repeat.

## TRAILS

Hitting the trail keeps your mind on your movements: "The rocks, trees, roots, and turns require focus and attention to remain safe and moving," says Novak. "This turns a runner's attention inward and allows her to feel her body work to maintain control and balance." Constantly shifting gears and adjusting to terrain also puts your leg muscles through a more varied range of movements in a single workout.

**What to do there:** Hills. Find a trail with inclines of a low to moderate grade. Run at a conversational pace for half to two-thirds the distance of your average easy run. "On each ascent, lean forward, keep your arms pumping in unison with your leg movements, use short strides so you land on the centre of your foot, and most important, breathe," says Robert Rhodes, running coach, personal trainer, and founder of [baytrailrunners.com](http://baytrailrunners.com). On the descent, lean slightly forward, keep your stride short, and look four to five feet ahead so you can choose the clearest path, he says. Each week, pick up the pace until you're running the uphill comfortably hard – an 8 on a scale of 1 to 10.