



WEEK 1					
Monday @ 6am 19 September 2011	Tuesday @ 6am 20 September 2011	Wednesday @ 6am 21 September 2011	Thursday @ 6am 22 September 2011	Friday @ 6am 23 September 2011	Saturday @ 7am 24 September 2011
Double Grip Med Balls & Sprints	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 & Sprints: Short and sweet for an awesome metabolic boost.	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 26 September 2011	Tuesday @ 6am 27 September 2011	Wednesday @ 6am 28 September 2011	Thursday @ 6am 29 September 2011	Friday @ 6am 30 September 2011	Saturday @ 7am 1 October 2011
Barbell Weights & Interval Based Running	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Circuit Combo Sprints Stretch It Out	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.	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	total body workout focusing on strength, cardio and core.

WEEK 3					
Monday @ 7am 3 October 2011	Tuesday @ 6am 4 October 2011	Wednesday @ 6am 5 October 2011	Thursday @ 6am 6 October 2011	Friday @ 6am 7 October 2011	Saturday @ 7am 8 October 2011
Public Holiday Session	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Challenge Yourself	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.	Set a benchmark for yourself in this session. Next time around you'll see how much you've improved	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 10 October 2011	Tuesday @ 6am 11 October 2011	Wednesday @ 6am 12 October 2011	Thursday @ 6am 13 October 2011	Friday @ 6am 14 October 2011	Saturday @ 8am 15 October 2011
Dumbbell Demons & Skipping	Yoga & Howey Circuit	Box with Power	Yoga & No Pain No Gain	Dumbbell Demons Sprints Stretch It Out	inter KLIK Challenge
Maroubra Beach	Bronte Park	Maroubra Beach	Coogee Beach	Maroubra Beach	Centennial Park
Dumbbell Demons: using dumbbells 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.	Dumbbell Demons: using dumbbells to balance out your body and strengthen and tone your muscles. & 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		SESSION OPTIONS	KLIK ALLIANCE PARTNER
WEEK 1 Thursday Rushcutters Bay Park	WEEK 2 Thursday Lyne Park, Rose Bay		Please show your support for our Alliance Partners
WEEK 3 Thursday Coogee Beach	WEEK 4 Thursday Lyne Park, Rose Bay		  Order your organic fruit and veggie box on a Tuesday and collect Fri arvo onwards. Large = \$55, Small = \$35. Email organics@mollys.com.au

LOCATION FINDER		Saturday 15th October	Saturday 3rd December
Internet search for more location descriptions		Can Coogee KLIK hold onto the title?	The most fun with your pants on!
"Evolution where do we train"		Inter KLIK Challenge	Mud Run
Coogee Beach	Centennial Park	Join in & represent your KLIK as you compete against the other KLIKs in a variety of fun games & competitive races.	The Mud Run is an obstacle jumping, mud crawling, hill climbing gallop around the world famous Sydney Equestrian Cross Country Course!
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.	for more info contact - rob@etwgroup.com	for more info contact - rob@etwgroup.com