


WEEK 1					
Monday @ 6am 17 October 2011	Tuesday @ 6am 18 October 2011	Wednesday @ 6am 19 October 2011	Thursday @ 6am 20 October 2011	Friday @ 6am 21 October 2011	Saturday @ 7am 22 October 2011
Agility Blast & No Pain No Gain	Burn & Flex	Power Punch	Yoga	Run for Endurance & Moving Circuit	
Gregory Park	Norman Buchan Park	Bowman Park	127 Kennedy Tce	Gregory Park	
Agility Blast: challenging and fun class using props to improve agility & coordination & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based.	a high intensity circuit followed by a long gentle stretch	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Run for Endurance: this session builds your running endurance with a continual run catering for all levels. & Moving Circuit: moving through the park. Using nature for a combo cardio and strength session.	

WEEK 2					
Monday @ 6am 24 October 2011	Tuesday @ 6am 25 October 2011	Wednesday @ 6am 26 October 2011	Thursday @ 6am 27 October 2011	Friday @ 6am 28 October 2011	Saturday @ 7am 29 October 2011
Barbell Weights & Sprints	Core, Cones and Hills	Power Punch	Yoga	Run for Endurance & Barbell Weights	
Gregory Park	Norman Buchan Park	Bowman Park	127 Kennedy Tce	Gregory Park	
Barbell Weights: build and tone your muscles with outdoor weights training. & Sprints: Short and sweet for an awesome metabolic boost.	dynamic strengthening drills and core blast alternated with running and hills	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	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.	

WEEK 3					
Monday @ 6am 31 October 2011	Tuesday @ 6am 1 November 2011	Wednesday @ 6am 2 November 2011	Thursday @ 6am 3 November 2011	Friday @ 6am 4 November 2011	Saturday @ 7am 5 November 2011
Med Ball Mashup & Sprints	Resistance Tubes & Circuit Combo	Power Punch	Yoga	Med Ball Mashup & Run for Endurance	
Gregory Park	Norman Buchan Park	Bowman Park	The Lavalla Centre	Gregory Park	
Med Ball Mashup: strength work using medball for additional resistance. & Sprints: Short and sweet for an awesome metabolic boost.	Resistance Tubes: the ultimate strength and conditioning tool. & Circuit Combo: total body circuit (can be equipment or non-equipment based)	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Med Ball Mashup: strength work using medball for additional resistance. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	

WEEK 4					
Monday @ 6am 7 November 2011	Tuesday @ 6am 8 November 2011	Wednesday @ 6am 9 November 2011	Thursday @ 6am 10 November 2011	Friday @ 6am 11 November 2011	Saturday @ 7am 12 November 2011
No Pain No Gain & Sprints	Core, Cones and Hills	Power Punch	Yoga	Box with Power & Run for Endurance	
Gregory Park	Norman Buchan Park	Bowman Park	The Lavalla Centre	Gregory Park	
No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Sprints: Short and sweet for an awesome metabolic boost.	dynamic strengthening drills and core blast alternated with running and hills	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Box with Power: Hi rep boxing drills to develop endurance and power. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	

Local partner					
					
Phone: 1300 719 702					
Active Stride in Southbank, Brisbane, and Active Stride Sports Instruments in the Myer Centre, Brisbane, endeavours to provide all runners, walkers and fitness enthusiasts access to quality service, information and products. From shoes, to clothing, sports instruments, hydration and nutrition, we'd love to help you enjoy your running, triathlons and other outdoor activities.					