

Paramount Boot Camp27 / Fit camp1

5 Week Mission Details & Itinerary



Date & Time		Location & Map Ref	Training Session Details
Week 1		Melways Ref	FITNESS CONDITIONING WEEK 1
Sat September 1 st	7.00am 1	Paramount Health & Fitness Club 142 Union Road, Ascot Vale. (Mel ways ref page 28, G9)	Introduction & Registration 7.00am start Repeat Boot Campers need to Re-register & collect new 2007 manual. Uniform will be given on payment of course. New Boot Campers & Fit Campers to sit through introduction & nutrition after registration
	7.30am	Barrier Test Start at Footscray Park Page 42 D2, enter from Farnsworth Ave	Platoon selection: 1 ST Barrier test for repeat Boot Campers not sitting through intro to start at 7.30am. 2 ND Barrier test for new Boot/ Fit Campers to start at 8.15am
Tues September 4 th	6.00am 2	Princess park Page 29 11G Park on Royal Parade	OPERATION FIT START: Use this session to feel your way into your designated Platoon. Warm up with a jog and dynamic stretching. Sign registration role if not yet registered
Thurs September 6 th	7.00pm 3	Footscray Park. Page 42 D2 Enter from Farnsworth Ave.	MONSTER CIRCUIT: This circuit will blow you away!!
Week 2			FITNESS CONDITIONING PHASE 2
Sat September 8 th	7.00am 4	Brim bank Park Page 15 B9 Park at car park lookout	MILITARY MISSION: Transport your Platoon equipment to the designated checkpoints in a race against the clock for reward 7-12klm
Tues September 11 th	6.00am 5	Aberfeldie Park Page 28 C6	OPERATION FAST TRACK1: The first of 3 great cardio and speed conditioning sessions
Thurs September 13 th	7.00pm 6	Canning Reserve Page 27 G8	OPERATION DOUBLE OR NOTHING: The luck of the draw will set your fate
Week 3			STRENGTH, SPEED, POWER WEEK
Sat September 15 th	7.00am 7	Essendon Canoe Club Page 28, C8. Ascot Vale West.	TRIVIAL PURSUIT: The topic is food, the reward is rest, the results are guaranteed! 8-13klm distance
Tues September 18 th	6.00am 8	Aberfeldie Park Page 28 C6	THE GRAVITRON: They say hills are sprints in disguise, but can you identify the real villain of this workout.
Thurs September 20 th	7.00pm 9	JJ Holland Park. Page 42 J3 Kensington	THE BERMUDA TRIANGLE: Cardio, resistance, abs, results
Week 4			ATHLETIC ABILITY WEEK
Sat September 22 nd	7.00am 10	The Boat House Studley Park Page 44 H4. Park at the Boat house	THE ULTIMATE RIVER TRACK RALLY: The combination of the 2 loops will stay in your memory forever, 9-18klm distance
Tues September 25 th	6.00am 11	Aberfeldie Park Page 28 C6	OPERATION FAST TRACK 2: The second and most challenging of the 3 track sessions
Thurs September 27 th	7.00pm 12	Williamstown Beach Ref page 56B10 Park at the Kiosk end	NAVY SEAL SAND SESSION: A great leg strength and endurance challenge
Week 5			ENDURANCE & MENTAL TOUGHNESS WEEK
Sat September 29 th	7.00am 13	Sandridge Life saving Club P 56 G3 Port Melbourne	RUN THE BOULEVARD: A new challenge with a mix of terrain 8-15klm
Tues October 2 nd	6.00am 14	Aberfeldie Park Page 28 C6	OPERATION FAST TRACK 3: The 3 rd and final to complete the series of awesome running sessions
Thurs October 4 th	7.00pm 15	Flagstaff Gardens Map 2F B2 Park on Williams st or Lonsdale st	MULTI PRINCIPLE TRAINING: A bit of everything and anything a favourite from BC 26
Sat October 6 th	7.00am 16	Barrier Test Footscray Park Page 42 D2, enter from Farnsworth Ave	Re run of the Barrier test: Improvement on your first result is your goal. Break up venue TBA