



Don't plateau with a one dimensional training program?
Are you looking for a lift in your training motivation?
It's time for a change!



Set yourself free, "*Be prepared to add variety to your training life*", and be ready to receive the results when you mix in a little purpose behind your training motivation.

You will be training in our group squad 2 times per/week with activities including walking, trekking, jogging, strength/conditioning and flexibility routines. We will also be supplying you with the resources to ensure you are well fuelled in between sessions to aid recovery. Yes we mean NUTRITION.

Fit4adventure squad training will be held on Wednesday evenings @ 6pm and Saturday/Sunday mornings at varied start times (most will be 8am starts). Together we will ready you for some of the most challenging yet spectacular scenery's you will ever see and experience; the Kepler and Routeburn tracks. Hike through lush beech forest and across rugged alpine slopes; you will gaze at spectacular snow-capped peaks and admire tranquil lakes and unique waterfalls. This area is made up of some of New Zealand's most scenic valleys and the site of the breathtaking Rohan scenes in the *Lord of the Rings* trilogy. As beautiful as they may be, these hikes will test your physical endurance. The duration of the training sessions will be at least an hour on Wednesday evenings for our physical conditioning sessions and our weekend sessions will vary on group progression, and will increase in both time and intensity as we progress towards our departure date. Be aware some sessions will be at least 5 hours. We have to be ready for 6 days of walking adventures.

Each and every one of your workouts will be geared towards your up-and-coming adventure. Yes! You will be expected to complete your own individual program outside the group sessions. That is why we will be supplying you with a pedometer so that you can best record your kilometers walked before your New Zealand adventure. We will encourage you every step of the way to push your own personal boundaries with 6 days of spectacular walking also an additional half day walk on the Franz Josef Glacier. It isn't all hard work as we have plenty of recreational days and celebrations in Te Anua and Christchurch as well as a fantastic return journey from Greymouth to Christchurch on the Tranz Alpine high country train.

Throughout your time spent with us you will learn how to self motivate yourself for exercise, become more in tune with your body and the intensity you are capable of training at. We will help you achieve the benefits that only regular exercise provides - toned muscles, a great cardiovascular fitness and an increased energy for life.



We have already committed to flights and accommodation as these trips throughout the summer months are very popular and limited positions are available. Our group size at this stage is made up of 18 people. Several positions have currently been taken. If you would like to reserve your position, an initial reservation payment of \$500 is required by the 13th of November 2006. Please call or email Ryan or Alissa on the numbers below if you have any specific questions, or alternatively check out www.ufitaustralia.com by clicking on the Fit4adventure New Zealand trip header for more information.

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