

Paramount Intensive Boot Camp course 49

4 Week Mission Details & Itinerary



Date, Time & session No		Location & Map Ref		Training Session Details
Week 1		Melways Ref		BODY SHOCK WEEK
Sat Feb 11 th (70min)	6.00am 1	Canning Reserve -Page 27 G8, Avondale Heights		Introduction & Registration opens at 6.00am All participants need to register and pay before Barrier test. Terms & conditions/ medical form MUST be completed before the test
	6.50am	Canning Reserve -Page 27 G8, Avondale Heights		Barrier test: Platoon based fitness challenge -Be ready to be put through a series of challenges to test your mental and physical strength and to prepare you for this course.
Tues Feb 14 th (55min)	5.50am 2	Williamstown Beach Ref page 56B10 Park at the Kiosk end		COAST TO COAST: Cruise along the coast for nice morning run to kick the course off in style and to settle into your Platoon
Wed Feb 15 th (55min)	4.50am 3	JJ Holland Park: Page 42 J3 Kensington		OPERATION D.O.M.S- Push-Pull-Lift-Run-Say hello to your new friend DOM!!
Thurs Feb 16 th (55min)	6.50pm 4	Footscray Park-Meet at the Uni Car park area off Farnsworth Avenue 42 D2		RIVER LOOP: Take the scenic route or the cross country route, either way you will love this!!
Week 2				BODY BLITZ WEEK
Friday 17 th /Sat 18 th (24hrs)	6.00pm 5	Aberfeldie Athletics track Page 28 D6		RELAY FOR LIFE-REGISTER ONLINE IF YOU WANT TO PARTICIPATE- 24hour event, run as little or as many laps as you like.
Tues Feb 21 st (55min)	5.50am 6	Canning Reserve Page 27 G8		LACTIC LEGS -Choose your run depending on your leg fatigue, go hard or go easy....
Wed Feb 22 rd (55min)	4.50am 7	Zoological Gardens Page 29 F12 Park around the back off Poplar road.		RED DAWN: Mission -Use your team Intel to locate clues to solve the puzzle.
Thurs Feb 23 rd (55min)	6.50pm 8	Essendon Canoe Club. Page 28, C8. Ascot Vale West		CONSEQUENCE: Do the work or suffer the you know what!!!
Week 3				MENTAL TOUGHNESS WEEK
Sat Feb 25 th (90min)	6.50am 9	Brim bank Park Page 15 B9 Park at car park lookout East Keilor		MEGA RUN -A really big run with a special twist that might make you call for your mummy :-)
Tues Feb 28 th (55min)	5.50am 10	Aberfeldie Athletics track Page 28 D6		RUN AND ROLL: A new style session that will definitely challenge you all to your max!!!!
Wed Feb 29 th (55min)	4.50am 11	Footscray Park-Meet at the Uni Car park area off Farnsworth Avenue 42 D2		STSC-SMASH THAT S#%T COME ON! Turn up and find out what we have in store for you...
Thurs Mar 1 st (55min)	6.50pm 12	Riverside Park: Park either at the car park near Afton st hill or the playground up the road -Page 28 A5		RED CARD: You'd better bring your A game or the RED CARD will come out.
Week 4				BODY ENDURANCE WEEK
Sat Mar 3 rd (75min)	6.50am 13	The Boat House Studley Park Page 44 H4		Operation Drop off- This session was a highlight from BC48 and its back.
Tues Mar 6 th (55min)	5.50am 14	Boeing Reserve Page 16 D5 Strathmore		Progressive Intervals: Run
Thurs Mar 8 th (55min)	7.00pm 15	JJ Holland Park: Page 42 J3 Kensington		Truth or Dare: You won't take the dare!!
Sat Mar 10 th (3hrs)	4.30am 16	Location to be revealed 1 week before		TOUGH CAMPER 3hr session-Tough Mudder Prep session BREAK UP PARTY TBA