

Paramount Boot Camp 40

Mission Details & Itinerary

5 Week



Date, Time & session No		Location & Map Ref	Training Session Details
Week 1		Melways Ref	FITNESS CONDITIONING WEEK 1
Sat Feb 6 th	6.15am 1	Canning Reserve Page 27 G8	Introduction & Registration 6.30am start All participants need to register and pay before Barrier test. Terms & conditions/ medical form MUST be completed before the test Cash payments only at Canning Reserve or pay via Credit Card at Paramount beforehand @142 Union road Ascot Vale. #
	7.00am		1st Session and Barrier Test: Physical Performance Evaluation: 4 fitness challenges to test your Endurance, Speed, Strength and Agility. Be ready for anything!!!!
Tues Feb 9 th	6.00am 2	Boeing Reserve Page 16 D5 Strathmore Heights	Operation Catch up: Incorporating short sets of interval training to get the fitness ball rolling.
Thurs Feb 11 th	7.00pm 3	Victory Park Page 28 F11	D.O.M.S: Welcome to the world of muscle conditioning
Week 2			FITNESS CONDITIONING WEEK 2
Sat Feb 13 th	7.00am 4	The Boat House Studley Park Page 44 H4.	TRACKER: Hunt for the clues & you will reveal your challenges 1 by 1
Tues Feb 16 th	6.00am 5	Cherry Lake reserve Page 54 J9 Altona	Cardio countdown: A fitness booster for fast fitness results.
Thurs Feb 18 th	7.30pm 6	Aberfeldie Athletics track Page 28 D6	H.E.A.T: High Energy Aerobic Training.
Week 3			FITNESS & ENDURANCE WEEK
Sat Feb 20 th	7.00am 7	Williamstown Beach Ref page 56B10 Park at the Kiosk end	NEXT PHASE: A special session designed by our Personal training team: Take your fitness to the Next Phase
Tues Feb 23 rd	6.00am 8	Zoological Gardens Page 29 F12 Park around the back off Poplar road.	Fit bank: The team that works the hardest/smarter will win reward \$\$\$
Thurs 25 th	7.00pm 9	Essendon Canoe Club. Page 28, C8. Ascot Vale West	THE GUANTLET: A continuous challenging course of many obstacles, see it and complete it as quick as you can.
Week 4			PERFORMANCE WEEK
Sat Feb 27 th	7.00am 10	Brim bank Park Page 15 B9 Park at car park lookout	Operation Buddy up: Run and Ride with your buddy through a range of mystery checkpoints to complete the full circuit: 1 bike needed between 2 people. Organise this before the day.
Tues Mar 2 nd	6.00am 11	MCG, Jolimont St Page 2G B6	Operation +1: A pyramid of training drills that is designed to be challenging but doable by everyone.
Thurs Mar 4 th	7.00pm 12	Riverside Park: Park at the car park near Afton st hill or the play ground on the boulevard –Page 28 A5	FITNESS FUSION: Get ready to work hard by using crosstraining techniques to get you fit fast.
Week 5			RESULTS WEEK
Sat Mar 6 th	7.00am 13	Canning Reserve Page 27 G8	Physical Performance Evaluation-retest: 4 fitness challenges to re-test your Endurance, Speed, Strength and Agility. Be ready for anything!!!!
Tues Mar 9 th	6.00am 14	Ormond Park Corner of Ormond rd & Pattison st Moonee Ponds 29 A9	Hit and Run: A workout adapted from boxing drills. Bring a towel, gloves and or focus pads if you have them
Thurs Mar 11 th	7.00pm 15	Aberfeldie Park Page 28 C6, park near Poyntons nursery	Operation Face off: A session of intra platoon challenge that will push you to your breaking point!
Sat Mar 13 th	TBA 16	Flagstaff Gardens Map 2F B2 Park on Williams st or Lonsdale st:	BOOT CAMP BLITZ: The Amazing Boot Camp Survivor Rat race: Race through the city of Melbourne and follow your team running map to reach the famous destinations. Allow up to 6 hours. Break up TBA