



**VOTED THE UK'S MOST INNOVATIVE
FITNESS ENTREPRENEUR 2012**

Leap forward into spring with the 2017

Focussed & Fit Training Camp!

@ Tenerife Top Training Facility

Provisional Itinerary

Tuesday 04 April:

Arrivals for all participants transfer to hotels. Welcome meet and greet at T3 Training Complex.

Sunset Workout: 'Welcome to the Rock'

A functional fitness workout with a team flavour – get to know your camp mates with this High Intensity Workout, share the sweat and enjoy the post workout dinner together.



Wednesday 05th April:

Sunrise Workout: 'The Break faaast awakener'

Along the promenade with the sun rising to crashing waves around you, we combine the use of the surf and beaches to ramp up the metabolism for the day.

ACTIVITY: 'Desert Storm'

Sounds awful doesn't it? Beach Volleyball in teams of 4, rules to match the skills available to us. Forfeits included 😊 a great way to set yourself up for lunch and the obligatory siesta.

Sunset: 'Pool Together'

Terrible pun! Discover more ways to make your swimming workouts fun and engaging both by yourself and with a partner. Individual swim analysis in the Olympic swimming Flume. Feedback to move you forwards post camp.



Thursday 06th April

Sunrise Workout: 'Full Metal'

Discover how to utilise the foundational lifts of the Squat & Deadlift to maximise your athletic potential and build pillars of strength that can help you improve in all walks of life. From PVC pipes to Olympic Bars we have the tools to shape you 😊.

ACTIVITY: 'Wet & Wild'

A day out together at the stunning SIAM Water Park – one of the best in Europe and fantastic fun whatever your age.

Sunset: ‘Mobility, mobility, mobility’

After a day in the sun and flumes, we’ll watch the sun drop from the lawns of T3 whilst ironing the kinks from the body and setting ourselves up for a full days training the next day.



Friday 07th April:

Sunrise Workout: ‘Track Star’

Runnings difficult right? Discover the right way to put one foot in front of the other and minimise the potential for injury as you actively pursue your running goals. There is an easier way, and even those that ‘hate running’ might just find out why they do and how a form and mind set change will reset the switch forever.

High Noon Workout ‘Operation Midline’

Address the midline stability, we expose (not literally) the chinks in the armour and give you the tools to tackle the illusive midline stability required in the body to make all other tasks so much easier to achieve. Oh and it helps you look great too 😊

Sunset: ‘Blast Off’

Adrenaline fuelled, high octane special with a guest appearance from the ‘prowler’ and the ‘battler’. Leave nothing in the tank on this one and your post exercise burn will take you through the night.



Saturday 8th April:

All day:

Blue Ridge Trail Hike – when we say hike, we mean Spain’s biggest Mountain looms before you. How much fun are we going to have bringing together all the collective energy you have left to explore this active Volcano. We’ll tackle this beast with sprints, walks, jumps, carry’s and so much more. Think Spartan, think Tough Mudder – pah bring on Guoyata the demon that lives within the Volcano....

Transfers and Flights home

Matt 😊







Additional Notes

- * This doesn’t include the seminars we will be giving on nutrition, goal setting and getting and 1-1 consultations to help you plan your goals.
- * There is a sports therapist at the complex, which can be booked in addition, and separately if you wish to do so we can help you book this.
- * Optional body fat measurements with the Bodymetrix Ultrasound scanner.

Flights

All you need to do is get yourself to Tenerife South Airport as early as you can on Tuesday 4th April. Transfers from the airport to the accommodation and from the accommodation to the airport are included.

From Bristol, EasyJet are the main provider. These are the best flights I have found. (Sunday 20th November 2016- <https://www.skyscanner.net/>). Personally I quite like the idea of the late flight home because then we get almost an extra day in the sun!

	06:30 BRS	4h 15 Direct	→	10:45 TFS	8 deals from £226 Select →
	21:50 TFS	4h Direct	→	01:50 (+1) BRS	
	06:15 BRS	4h 20 Direct	→	10:35 TFS	£237 Select → 2 bookings required
	21:50 TFS	4h Direct	→	01:50 (+1) BRS	
	06:15 BRS	4h 20 Direct	→	10:35 TFS	1 deal £254 Select →
	11:10 TFS	4h 05 Direct	→	15:15 BRS	

Payment

We know this isn't everyone's idea of 'SPRING BREAK' but for those motivated by looking and feeling great this is the trip for you. After all, this is the ultimate 'you time' that we all talk about and that you deserve. Come back from the Canaries with a bounce in your step and leap forward into spring. To secure your place a non-refundable 25% deposit (€168.75) is required on booking. Our partners in this venture are TTT Sports Ltd. Please use your name as reference on bank transfer.

BACS Transfer of 168.75 euros to:

TTT Sports Ltd

Acct 63521079

Sort 20-30-47

Payment ref: your surname

Please note the remaining balance of 506.25 euros has to be transferred no later than 30 days prior to departure date.

Price of the Camp is based on sharing Twin Rooms on a full board basis.

Upgrades to single rooms are available and will cost an extra 30 euros per person per night.

****IMPORTANT****

Once you have made your deposit payment please can you pop me an email (info@fa-fitness.co.uk) to confirm this and I would strongly suggest you book your flights at the same time to get a good price and also to make sure you don't miss out on a seat on the plane.

I will then be sending you an email with a few questions on it, which will help me to make sure that you get the very most out of your time in Tenerife.

Learning Outcomes

Your health and your fitness, it is YOUR responsibility. We are here to empower you to own the process of looking after yourself. To this end we will ensure that when you leave this camp you WILL:

- Know how to incorporate the fundamental lifts into your training regime.
- Recognise the early signs of potential injury or burnout and implement strategies to prevent them.
- De-mystify the 'complexities' surrounding swimming front crawl and make your fitness experience in the water more enjoyable.
- Be able to address your individual nutritional needs and demonstrate a good level of understanding of all the 'diets' in the public domain.
- Learn that running needn't be so hard. It's a skill and you will find the best way for you.

- Have found out something more about yourself and your physical work capacity.
- Have had an amazing time, sharing the journey with a crowd of people that likely attach the same values as you to making the best of both their bodies and minds.
- Return home, both exhilarated and refreshed, proud of your output and determined to tackle the rest of 2107 with a new vigour.

