



Your tailored program consists primarily of:

- ✓ 8 / 12 / 16 weeks of training and practical sessions
- ✓ One on one PT session once/week
- ✓ Group fitness classes - outdoor / indoor (Primal NRG Fitness)
- ✓ Alternating weeks for full day hiking in a National Park
- ✓ One multi day trekking session towards the end of your program. Additional multi day trekking can be organised at an additional cost.

The program below is a guide only, your tailored program will be adjusted accordingly by your coach to best suit your needs.

Week 1:

Initial assessment
One on One PT
Classes at least 1 session

Week 2:

One on One PT
Classes at least 1 session
Bush walk full day

Week 3:

One on One PT
Classes at least 2 sessions
1 outdoor training session
(Sydney park or Coogee stairs)

Week 4:

One on One PT
Classes at least 2 sessions
Bush walk full day

Week 5:

One on One PT
Classes at least 2 sessions
1 outdoor training session
(Sydney park or Coogee stairs)

Week 6:

One on One PT
Classes at least 2 sessions
Bush walk full day

Week 7:

One on One PT
Classes at least 2 sessions
1 outdoor training session
(Sydney park or Coogee stairs)

Week 8:

Follow up assessment
One on One PT
Classes at least 2 sessions
Bush walk full day

Week 9:

One on One PT
Classes at least 2 sessions
1 outdoor training session
(Sydney park or Coogee stairs)

Week 10:

Follow up assessment
One on One PT
Classes at least 2 sessions
*Multi day Trekking
(option date)

Week 11

One on One PT
Classes at least 2 sessions
*Multi day Trekking
(option date)

Week 12:

Follow up assessment
One on One PT
Classes at least 2 sessions
*Multi day Trekking
(option date)

Optional extension of program

Week 13:

One on One PT
Classes at least 2 sessions
1 outdoor training session
(Sydney park or Coogee stairs)

Week 14:

One on One PT
Classes at least 2 sessions
*Multi day Trekking
(option date)

Week 15:

One on One PT
Classes at least 2 sessions
1 outdoor training session
(Sydney park or Coogee stairs)

Week 16:

Follow up assessment
One on One PT
Classes at least 2 sessions
*Multi day Trekking
(option date)