

Training Programme

Monday	Tuesday	Wednesday	Thursday	Friday
	8am Morning PT	8am Morning PT	8am Morning PT Kit run	8am Morning PT
8.45am – 9.30am Breakfast				
ARRIVAL 11am Introduction to Crogen Welcome brief Orientation / Tour	Introduction to basic health and nutrition CMF Class	20 minute walk / run Boxercise Stretch and Flex	GET WET	Body conditioning Team games Debrief on bootcamp Information on other breaks and courses
1pm – 2pm Lunch				DEPART 12 Noon
Physical evaluation CMF Class Client consultation	GET WET	Abdominal Overload Circuit training	Self-protection and self defence Stretch and Flex	
5.30pm Evening meal				
45 minute walk / run Light, team activity Stretch and flex Prep for day 2		Prep for day 4	30 minute walk / run 30 minute team games Prep for day 5	