



Army Physical Boot Camp

7th July – 14th July 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07.00-08.00	Run and Stretch Trainer: Arron Murphy	Run and Stretch Trainer: Arron Murphy	Run and Stretch Trainer: Arron Murphy	Run and Stretch Trainer: Arron Murphy	Run and Stretch Trainer: Arron Murphy	Run and Stretch Trainer: Arron Murphy
08.00-09.00	3km/ 5km Run or Power walk	Morning Cycle	Stretch and breathing (low intensity)	3km/ 5km Run or Power walk	3km/ 5km Run or Flexi stretch	Mobility Drills/ Stretch
09.00-10.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
11.00-12.00	Circuit training Trainer: Arron Murphy	Circuit training Trainer: Arron Murphy	Circuit training Trainer: Arron Murphy	Circuit training Trainer: Arron Murphy	Circuit training Trainer: Arron Murphy	Circuit training Trainer: Arron Murphy
12.00-13.00	Boxing exercise	Circuit training	Fit balance	Tabatha	Boxing Exercise	Boxing Exercise
13.30-14.30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15.30-16.30	Strenght training Trainer: Arron Murphy	Lecture Lecturer: Arron Murphy	Strenght training Trainer: Arron Murphy	Lecture Lecturer: Arron Murphy	Strenght training Trainer: Arron Murphy	Strenght training Trainer: Arron Murphy
16.30-17.30	Spinning	VPR Fitness	Body Conditioning	Spinning	Strength training (medium intensity)	High Intensity Training
19.00-20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
21.00-21.30	Evening walk	Evening walk	Evening walk	Evening walk	Evening walk	Evening walk