



Tony Wilson Boot Camp

28th July - 4th August 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06.30-06.50	Warm up & mobility drills Trainer: Tony Wilson	Warm up & mobility drills Trainer: Tony Wilson	Warm up & mobility drills Trainer: Tony Wilson	Warm up & mobility drills Trainer: Tony Wilson	Warm up & mobility drills Trainer: Tony Wilson	Warm up & mobility drills Trainer: Tony Wilson
07.00-08.00	Group Training Trainer: Tony Wilson	Group Training Trainer: Tony Wilson	Group Training Trainer: Tony Wilson	Group Training Trainer: Tony Wilson	Group Training Trainer: Tony Wilson	Group Training Trainer: Tony Wilson
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
11.30-12.00	Circuit session Trainer: Tony Wilson	Circuit session Trainer: Tony Wilson	Circuit session Trainer: Tony Wilson	Circuit session Trainer: Tony Wilson	Circuit session Trainer: Tony Wilson	Circuit session Trainer: Tony Wilson
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
15.00-15.30	Post workout Trainer: Tony Wilson	Lecture	Post workout Trainer: Tony Wilson	Lecture	Post workout Trainer: Tony Wilson	Post workout Trainer: Tony Wilson
16.30-17.30	Spinning	VPR Fitness	Body Conditioning	Spinning	Strength training (medium intensity)	High Intensity Training
18.00-18.45	Strength session Trainer: Tony Wilson	Strength session Trainer: Tony Wilson	Strength session Trainer: Tony Wilson	Strength session Trainer: Tony Wilson	Strength session Trainer: Tony Wilson	Strength session Trainer: Tony Wilson
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