

activ city TO surf training

TRENCH HEALTH AND FITNESS

Regardless of your fitness level or experience, with over 20 years coaching experience Trench Health and Fitness will train and advise you on how to finish strong.

Whether you plan to run or walk the 4km, 12km or 21.5km distances, we will tailor your program. Giving you the confidence to finish what you start, whilst having fun and enjoying the event.

Held over three months, you'll receive valuable advice on injury prevention and nutrition, as well as 12 x one hour outdoor group sessions with experienced coaches (including guest visits from fitness guru - Peter Trench).

There's no better way to prepare your body (and mind!).



CITY TO SURF TRAINING PROGRAM

- 12 week program
- 10th June to 26th August, 2010
- Every Thursday 5.30pm - 6.30pm
- \$150 per person including cap, water bottle, individualised training program and online support
- Sessions run on Langley Park and around the river
- Meet at intersection of Hill St and Terrace Rd (down the hill from the Sheraton Hotel)
- Registrations are strictly limited
- Book online at www.trenchhealth.com.au

For more info contact:
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