

Peak Performance Training Camp 10 week Agenda

WEEK	DATE	TIMINGS	VENUE	SUBJECT	METHODOLOGY	ASSESSMENT	NOTES
1		1hrs30		Course Introduction and Personal Assessments	- Trainers Introduction personal assessments and personal training programmes		All Participants to bring Pre exercise questionnaire and registration form
2		1hr		Conditioning 1	- Training Session 1		
3		1hr		Conditioning 2	- Training Session 2		
4		1hr		Conditioning 3	- Training Session 3		
5		1hr30		Mid Course Assessments and Conditioning 4	- Training Session 4 + Assessments		Participants will be re tested at this point and goals and objectives reviewed
6		1hr		Conditioning 5	- Training Session 5		
7		1hr		Conditioning 6	- Training Session 6		
8		1hr		Conditioning 7	- Training Session 7		
9		1hr		Conditioning 8	- Training Session 8		
10		1hr30		Personal Assessments End of course Competition	- Personal assessments team competition and close		All participants will be tested to show progression. All information will then be passed on the coaching staff.