

SUNDAY SESSIONS

TREK TRAINING 4 TRIPS

Are you time poor and looking for a great Sunday morning workout that has it all? If you like stunning views, a great workout, adventure, fun, challenges, and an opportunity to get fit before lunch on Sunday morning, then this is the workout for you.



What: Weekly 3 hour Sunday morning Trek Training sessions with adventure fitness experts, Wild Women On Top

When: Sunday mornings 8 – 11 am, starting on 10th October 2010 for 4 weeks.

Where: Coastal and bush locations throughout Sydney within 30min of the CBD

Who: Anybody seeking a time efficient specialized Trek Training fitness workout to prepare them for moderate to challenging treks, mountain climbing and endurance trekking events.

How Much: \$197 per month with bookings made online via the Wild Women On Top website. www.WildWomenOnTop.com and look for Sunday Sessions.

Wild Women On Top have developed a time efficient program to prepare the mind and body for trekking and climbing trekking peaks. They have used this program over the past 10 years to train their Seven Summits Team.

These programs involve 3 hour Trek Training sessions, which include interval training on hills stairs and ramps, wild walking on challenging terrain with and without back packs, strength and conditioning, core strength and stretching. Wild Women On Top would like to offer World Expeditions Active Adventures clients the opportunity to prepare themselves for World Class Treks by participating in Trek Training Programs.