

WEEKEND 12 – 14 FEB 2010

189.00pps

ADVENTURE RACING FOR BEGINNERS

BEGINNERS TRAINING WEEKEND AT KILLARY ADVENTURE CO

This weekend is specifically designed for those who have no experience in Adventure racing and will cater for those who are unfit or over weight.

The idea behind this weekend is to give people who would never dream of doing an adventure race the know how and the drive to be able to finish Gaelforce West in under 8 hours in 8 months time. The weekend will start with fitness tests to establish what kind of fitness programme will most suit you. There will be lectures and motivational speaking and also a gentle introduction into the disciplines involved -mountain walking, kayaking and cycling. The most important thing you bring with you is a genuine wish to improve the quality of your life and a willingness to challenge yourself.

The price includes arriving on Friday night, 2 nights accommodation in dorm rooms (limited single and twins available at extra cost), two lunches and one dinner, fitness tests, lectures and all activities @ 189.00pps.. Most training weekends tend to be people coming down alone so do not worry if you cannot persuade any of your mates to join you. There will be a welcome drink on Friday evening so you can get to know everyone. **Anyone can do this weekend** as anyone can get fit in 8 months. Please do not worry that you will be surrounded by fit instructors shouting at you to go faster. This is about giving you the courage and the motivation to change your life around and when you cross that finish line in 8 months time it will probably be one of the best moments in your life. After the weekend we will have a face book group where we will continue to offer tips, help you with your programmes and help to keep you motivated through the year.



WEEKEND PROGRAMME OUTLINE

Friday 12 Feb 2010

8.00pm Arrive to centre to summit bar for drink and meet and greet.

Saturday 13 Feb 2010

8.30am – 9.30am: Breakfast

10.00am – 1.00pm: Lectures and Fitness Test

1.00pm: Lunch

2.00pm – 5.00pm: Mountain Walking

7.00pm – 8.30pm: Dinner

8.30pm: Evening drinks as group.

Sunday 14 Feb 2010

8.30am – 9.30am: Breakfast

10.00am – 1.00pm: Kayaking

1.00pm – 2.00pm: Lunch

2.00pm – 4.00pm: Lectures finish

CONTACT DETAILS

Killary Adventure Co, Leenane, Connemara, Co. Galway

TEL: 095-43411

EMAIL: adventure@killary.com

WEB: www.killaryadventure.com

KILLARY
ADVENTURE CO