

Studio 121 Fitness Camp Welsh Weekender

!!Reduced price for our first ever residential event !!

Friday 28th to Sunday 30th June 2013

This is not your average running break! We are hosting a weekend packed full of workouts and workshops that will enhance your training knowledge and inspire you to take your training to the next level. In addition to a range of guided runs around this amazing location you will learn mobilization, stretch and self massage routines for pre-workout preparation and post workout recovery. You will take part in functional strength training sessions that will complement your running performance and reduce risk of injury. And all of your nutritional needs will be taken care of for the whole weekend through the provision of pre & post training meals and snacks that will give you loads of ideas to take away and help support your own training goals.



What's Included?

- **Meals & Snacks from Saturday morning through to Sunday afternoon.**
- **2 dedicated Studio 121 trainers for the duration of the weekend**
- **Exclusive beachside accommodation for 2 nights in a beautiful north Wales location set in 5 acres of private land with self-catering facilities, stunning views and only 200m from the beach www.red-welly.com**

The Details

- **Arrive at leisure on Friday night for a full briefing on what's in store for the weekend.**
- **Early start on Saturday for a packed programme of challenging runs along the picturesque but testing coastline and welsh hills.**
- **Workshops for mobility, advanced stretching techniques and self-massage, using foam rollers.**
- **Strength sessions using functional training equipment such as kettlebells and VIPRs**
- **Live cooking demonstration and nutritional guidance both for general health and pre & post training**
- **The weekend will culminate on Sunday afternoon with a final '3 peaks challenge'**

- We have selected a small exclusive venue for our opening event to allow for a 4:1 client:trainer ratio.

This weekend is best suited to intermediate level runners who are looking to take their training knowledge and capabilities to the next level.

£650 PER COUPLE
based on double or twin occupancy

Spaces are limited to a total of 8 (4 x double bedrooms) so register your interest asap to avoid disappointment.