

FULL DAY CLINIC SESSION

Our full day session was held in the Adelaide Hills at Cudlee Creek on Sunday 19th October. Despite a cold start in bare feet, the day warmed up to an impressive 5 hours of intense effort for all those involved.

We started with balance and proprioception drills, then a multi staged warm up and on to agility and reaction work. We all had a bit of fun with the "trust run" which involves running as fast as you can towards the rest of the group and trusting them to lift their arms to allow you through. The flinches, screams and looks on everyones faces was very entertaining!



Next was an hour of strength training in pairs using the very versatile "thera bands".

This was followed immediately with the BIG Hill Circuit. This involved 4 stations

- Strength Station
- Hill Run (and it was VERY steep)
- Alternating Squat and Pushups (on toes!) Station
- 10 metre shuttle run Station

45 continuous minutes later and everyone completed between 10 to 15 circuits. A great effort by all with no-one pulling out or stopping.

A well deserved break for lunch, then we were off into the forest to finish up the day with some serious hill walking.

A very rewarding and tiring day for everyone and for those lucky enough not to be driving...a nice snooze on the drive home aswell.