

THE 2009 OUTDOOR SUMMER BOOTCAMP SURVIVAL GUIDE



June 1st – August 28th, 2009

www.OutdoorSummerBootCamp.com



WARNING:

IN ORDER TO GET THE MOST OUT OF YOUR BOOT CAMP EXPERIENCE YOU SHOULD READ THIS ENTIRE GUIDE BEFORE YOUR FIRST BOOTCAMP CLASS.

TRUST ME! IT WILL BE THE EASIEST EXERCISE THAT YOU DO OVER THE NEXT 12-WEEKS.

DISCLAIMER:

Our main priority above anything else is your safety and well being. Prior to starting any exercise and fitness program it is always recommended that you consult with your doctor or healthcare provider for a complete physical. If at any time while exercising you feel chest pain/tightness, shortness of breath, difficulty breathing, dizziness, abnormal discomfort, nausea, headaches or any other ailment or illness then immediately stop what you are doing and notify your instructor.

WELCOME TO BOOTCAMP!

Thank you for signing up for this year's adventure and welcome to the 6th annual Outdoor Summer BootCamp program. We are very excited to begin this year's program and are looking forward to spending the entire summer helping you get in the absolute best shape of your life. Whether you know it or not you are already on your way. You have already taken the steps necessary to decide on taking your own personal health and fitness to the next level. For that you deserve a "congratulations!" for having the determination, discipline and commitment to better yourself both physically and mentally by signing up for this program.

The most important thing when starting any new fitness program is going into it with the right attitude. No matter where you are starting from, no matter how strong you are now or how athletic you are or how out of shape you may be, having the right attitude and belief in yourself will take you 10 times further than even the most amazing ability. So, don't worry about where you are starting from. It is important now for you to only focus on the future and where you want this program to take you. If you have the right attitude and are willing and ready to change then you are destined to succeed.

Start now by thinking of what you want to get out of this program. It could be to lose 15 lbs, run an 8 minute mile or simply to survive the entire summer without missing a single class. Then take whatever personal goals you may have for yourself and this program and write them down. Every day you should think of what you want and believe that you can achieve it. In time you will start to see that your goals will become reality and you will transform your thoughts into actions. It all starts with having the right attitude and believing that you can do it. Don't question whether or not this will work for you. Do as they say at Nike headquarters, "Just Do It!".

During the next 12-weeks you will be challenged to overcome many obstacles and asked to achieve what may seem like the impossible. When all is said and done you will stand side by side with a group of new friends, supporters and motivators who like you achieved what was once believed to be the impossible. You will stand with confidence, pride and belief that no matter what challenge may come your way in the future you are now equipped with the indestructible body, motivational spirit and mental perseverance to overcome nearly any obstacle.

Now, before you can bask in the glory of actually finishing your 12 weeks of BootCamp you first have to survive. The BootCamp Survival Guide is your reference to help you better prepare for your upcoming program start date. It contains important event details and program dates that should be referred to frequently. Many of the questions you may have about that program can be answered by reading through this guide or by visiting the official BootCamp website at www.OutdoorSummerBootCamp.com. If you have any additional concerns or questions throughout the program then please do not hesitate to e-mail, call or speak with us using the contact information on the following page.

Train Hard, Eat Right, Live Fit-

Your BootCamp Instructors-

Patrick & Nick

PROGRAM SUPPORT

If at any time throughout your program you have questions, problems or concerns please don't hesitate to speak with your instructor for assistance. We will gladly help in any way we can to maximize your results and make your BootCamp experience one to remember.

BOOTCAMP INSTRUCTOR CONTACT INFORMATION:

PATRICK

Phone: 978-870-9706

E-mail: Patrick@UltimateFitcamp.com

NICK

Phone: 978-353-9617

E-mail: NormandinPT@yahoo.com

ON-LINE

Web: www.OutdoorSummerBootCamp.com

PROGRAM DETAILS

Each 12 week BOOTCAMP program is broken down into 3 one month phases. Each phase is 4 weeks long and is designed to safely progress you from the least challenging exercises to the higher intensity training that BOOTCAMP is all about. The entire 12 week program is progressive in nature, meaning that each week will build upon the previous getting more and more challenging as you go through the program. Your 12 week journey ends with the BOOTCAMP outing, a 2-hour obstacle course BOOTCAMP workout followed by an afternoon cookout, food & drinks and of course a lot of great stories and memories.

Program Duration: 12-weeks

Class Length: 60-75 minutes

Class Size: 12-24

2009 PROGRAM DATES

BootCamp Program I	4-weeks	June 1st – June 26th	Doyle Field
BootCamp Program II	4-weeks	June 29th - July 24th	Doyle Field
Mid Summer Vacation	1-week	July 27th - July 31st	No Classes
BootCamp Program III	4-weeks	August 3rd - August 28th	Doyle Field
Indoor FitCamp	...	Fall Schedule Starts August 31st	FitCamp Studio

****NO Classes during the week of July 27th – 31st**

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LOCATION

All BOOTCAMP sessions will take place at Doyle Field located on Priest Street in Leominster, MA. You can park in front of the tennis courts in the empty parking lot next to the road. If you look across the road from the parking area, you will see a playground on the right and a running track dad ahead. Beyond the track there is an orange BootCamp Job Box (“the BootCamp Pumpkin”) where your BOOTCAMP sessions will start and end. It is within sight of the parking area so don’t worry about getting lost. Just make sure you get there at least 10 minutes early to find your group.



2009 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15AM BOOTCAMP	5:15-6:15AM FITCAMP	5:15-6:15AM BOOTCAMP	5:15-6:15AM FITCAMP	5:15-6:15AM BOOTCAMP		
6:30-7:30AM BOOTCAMP	6:30-7:30AM FITCAMP	6:30-7:30AM BOOTCAMP	6:30-7:30AM FITCAMP	6:30-7:30AM BOOTCAMP		
8:00-9:00AM BOOTCAMP	8:00-9:00AM FITCAMP	8:00-9:00AM BOOTCAMP	8:00-9:00AM FITCAMP	8:00-9:00AM BOOTCAMP	8:00-9:00AM KICKBOXING*	
9:15-10:15AM BOOTCAMP	9:15-10:15AM FITCAMP	9:15-10:15AM BOOTCAMP	9:15-10:15AM FITCAMP	9:15-10:15AM BOOTCAMP	↑ (Space is limited, Sign-up at studio is required)	
4:00-5:00PM BOOTCAMP		4:00-5:00PM BOOTCAMP		4:00-5:00PM BOOTCAMP		
5:15-6:15PM BOOTCAMP	5:15-6:15PM FITCAMP	5:15-6:15PM BOOTCAMP	5:15-6:15PM FITCAMP	5:15-6:15PM BOOTCAMP		
6:30-7:30PM BOOTCAMP	6:30-7:30PM FITCAMP	6:30-7:30PM BOOTCAMP	6:30-7:30PM FITCAMP	6:30-7:30PM BOOTCAMP		
NEW CLASS! 6:30-7:30pm KICKBOXING	← (Space is limited, Sign-up at studio required)					

WEATHER POLICY! (IMPORTANT!)

In the event we have severe weather, hard rain, lightning, hail, natural disasters... we will move BootCamp class indoors at the FitCamp Studio. When in question please call the **BootCamp Weather hotline at 978-870-9706**. If there is a normal greeting then class is held as normally scheduled. Otherwise message will inform you as to which classes are indoors versus outdoors.

CLASS GUIDELINES

- You should arrive 15 minutes early for your first BOOTCAMP class.
- ALL classes begin on time and end on time. If you are late then your entire group will be subject to the "GAUNTLET". If you do not show-up then you automatically forfeit your class.
- ALL classes will take place at Doyle Field located on Priest Street
- ALL classes will be RAIN or SHINE unless instructor gives notice due to emergencies or severe weather. (call weather hotline at 978-870-9706)

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- ALL missed or cancelled classes are *non-refundable* and *non-transferable (no exceptions)*.
- In the event of instructor cancellation of any classes there will be make-up class held during the week immediately following the ending date of the summer program.

MONTHLY BODYCOMP TESTS

During this program you will burn thousands upon thousands of calories. If you stay consistent and eat properly then you will lose a tremendous amount of body fat while at the same time build lean muscle. If your goal is to decrease your body fat then getting measured is one way that you can track your success over the 12 weeks. In my experience I have seen people who get measured on a regular basis stay far more accountable to eating healthy, lose more weight and significantly reduce their body fat compared to those who skip out on the measurements. Please e-mail, call or speak with your instructor to schedule regular body fat testing dates.

WHAT YOU CAN EXPECT

A typical BootCamp class consists of the following 5 components:

- 1. Warm-up:** (5-10 minutes) Light calisthenics and body-weight conditioning exercises to get the heart rate up.
- 2. Main Workout:** (30-45 minutes) Full-body training routines using medicine balls, running drills, resistance bands, sand bags, weighted sleds, ropes... and more.
- 3. Core Conditioning:** (10-15 minutes) Mat work, physioball exercises and partner assisted drills focused on abs, obliques and lower back.

4. Cool-Down & Stretching: (5-10 minutes) Light calisthenics, active stretches, jogging and conditioning exercises to get the heart rate back down and to focus on stretching those tight areas.

5. Optional Support: (15-30 minutes) Post-class fitness and nutrition discussion session with your instructor so that you can get the help you need to get the most out of your program.

WHAT TO BRING

Weather is very unpredictable and if class is underway and rain starts then we keep right on going. Please be prepared for just about any weather. Temperatures will vary from morning to morning anywhere from 40 degrees and wet to 90 degrees and humid so make sure to check the weather report the night before and dress appropriately. There will be dirt, water and wet grass so bring clothes and sneakers that you don't care about getting trashed. You will spend some time on the ground so a towel or mat is also a great idea.

ESSENTIALS:

- Running or cross-training sneakers
- Layered workout clothes (i.e. shorts, workout pants, long sleeve, short sleeve shirts, a light vest or jacket for cooler mornings)
- A towel or mat
- Water or sports drink (i.e. Gatorade or Propel)
- You **will** need a physio/exercise ball in the first two weeks of BOOT CAMP. (Olympia and Dick's sporting goods all carry exercise balls. Make sure to speak with someone about getting the appropriate size for you. They cost ~\$15-25)

HELPFUL HINTS:

- Avoid wearing sweat pants, they will slow you down and if they get wet they weight a ton.
- Bring bug spray and sunscreen lotion, you may need it now and then.

- Wear moisture wicking fabrics (Synthetics like Polyester and Nylon). Stay away from Cotton. When cotton gets wet it stays wet and you get cold. Layer your clothing during colder days so that when you warm-up you will be able to shed your warm-up layers. (Fleece jackets and pants, a hat, gloves and raingear are not out of the question)

HOW TO PREPARE

- Lay out your clothes and sneakers the night before and plan out your breakfast.
- Get a good night sleep (8 hours of uninterrupted sleep) and wake-up at least 30 minutes prior to the BOOTCAMP start time and get that body moving.
- Eat a light breakfast (200-400 calories) (contrary to popular belief, exercise on an empty stomach does more harm than good and increases your chance of injury and fatigue especially during bouts of high intensity activities.)
 - A mix of Carbs/Protein & Fat is ideal for pre-workout meals.
 - My favorite early morning pre-workout snack is ½ a whole wheat bagel, 1 TBSP of Peanut Butter and a 8 oz. glass of OJ. If you get nauseous easily then skip the OJ.
 - One of my favorite pre-workout snacks that are jam-packed with high quality calories and perfect for pre-bootcamp workouts are ProGrade Cravers. (You won't believe how tasty these things are!) You can order Cravers directly through the BootCamp website or at www.ufc.getprograde.com
- Be prepared and arrive early (we will start on time and you do not want to be late).