

“CHALLENGE YOUR LIMITS” NEWSLETTER

ADVENTURE OBSTACLE TRAINING NEWSLETTER #2 – FEBRUARY 2016

FEB - THE MONTH OF “LOVE”

Passion & love for your sport!

Definition of passion {mass noun} Strong and barely controllable emotion. Definition of Love {noun}: A great interest and pleasure in something.

At A.O.T., that is exactly those feelings and emotions we want to stir up with our clients. Most often the lack of passion and lack of enjoyment is the main ingredient lost in creating an environment for individuals to “have fun” and “love” their “sport”.

***Love and care for yourself;
you matter most!***

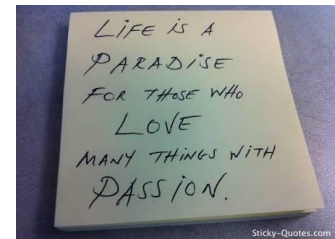
So if we know what passion is, how do we lose it? Most commonly because of inconsistency, losing, injuries, on-going intimidation and what happens... we quit! So how do we get it back, how do we revive

our “love”
our
“passion” for
fitness, for
our sport,

our wellbeing?

We build excitement and adrenaline, we get rid of the pressure performing whilst

training; we make sure to have variety and switch things up, we keep it social, creating friendships beyond training and finally... Be nice to our bodies. Love and care for yourself; you matter most!



SHARE THE LOVE ...

... REACHING 1000 #LIKES END May 2016

A.O.T.'s goal is to reach #1000 Likes by end May 2016... and we know you all “LOVE” Facebook.. so please share and like our page.



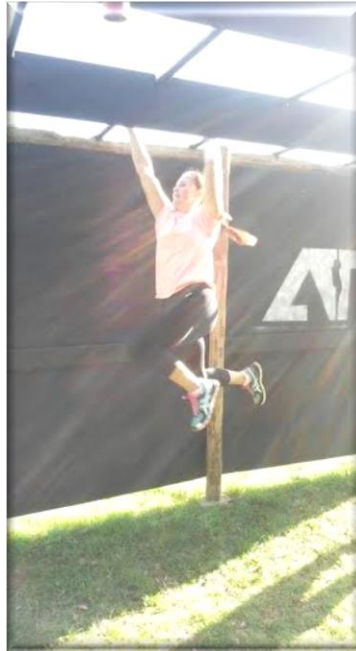
REMINDER

Please join us Wednesday, 02nd March @ 17:30 for our Anniversary Session. A.O.T. is celebrating their 1st Year Anniversary. Boerries and Cake afterwards! Yum!

Friday, 04th March ... NO A.O.T. 17:30pm session... most of us doing Parlauf Race ... so join us there!

A.O.T.'S STAR OF THE MONTH

TARYN MAUJEAN...



Taryn is a mom of 3 and is one of A.O.T.'s longest standing members. When Taryn started we never thought she'd come back. She is BY FAR our most "transformed" athlete and certainly deserves being star of the month. Taryn truly has gone beyond her own perceived limits and has challenged herself on many if not every occasion and pushing herself to another level. Taryn, you will forever be our "show-off" lady. Your guts, determination and drive is admirable! Your AOT Salomon visor is on its way!!! #respect

A.O.T. TRAINING TIPS

From the "Stein" himself...

When out training it is important to practice and focus on the "now"! You cannot let your mind get distracted and start thinking about what is to

come! It is very easy to fall into this trap, and we all do it! If we allow this to happen, how are we going to do the task at hand properly? We cannot predict

what will happen in future, so all we can do is to be the best we can be in that moment in time!

A.O.T. HOLIDAY CLUB

KIDZ ZONE ...



A.O.T. hosts a fully planned and organized Holiday Club. This term our holiday club runs from Tuesday, 29th March to Friday 01st April. We host a full morning of planned activities, filled with great age appropriate games and in the process teaching social interaction, teamwork and above all... being outdoors and having a blast. We take in kiddies Grade 1 – 7, and is held from 07:30 – 12:00. Everyday includes a healthy snack and juice and cost is R499,00 per child. Please e-mail me to confirm booking:

info@adventureobstacletraining.com

A.O.T. GALLERY

HAPPENINGS...



A.O.T. BIRTHDAY PARTIES



RIVERSIDE TRAIL CLUB RUN



TEAM A.O.T. WARRIOR #1 HAKAHANA



* Claude, Trish, Shane, Robyn & Alan... missing Dean.

TEAM SALOMON @ DOUBLE MOON ADVENTURE



* Andrew, Steven, Jax & Dean 2nd Mixed Team!

OUR NEW FACES AT A.O.T.

YOU'VE BEEN "SNAPPED"!!! .. AND #TAGGED



* Letitia



* Candice & Claire



SOME MORE NEW AMAZING PEOPLE IN ACTION....



*** Mitch**



*** Duncan**



*** Janene**



*** Karel**



*** Mariska**



*** Nichola**



*** Falan**



*** Sonja**



*** Peter**

UP-AND-COMING EVENTS FOR MARCH 2016

4th Parlauf Cross
Country League #1

6th Stella
10km/25km

13th Warrior #2 GP

13th Umgeni Water
Marathon 32/42km

28th Old Mutual

Two Oceans Ultra
56km

PB'S SET FEB!

Bronwyn 20+ min PB at
Maritzburg Marathon
42km

Robyn .. PB on a 10km..
ran 42min

Grant PB on Hillcrest
Half Marathon 21.1km

and a new PB at
Maritzburg 42.2km

Leon... ran a 4:35 for
Maritzburg Marathon.

*(Forgive me for
forgetting others.. I
know there were
more..) Eish...*

Well
done!

Our mission at A.O.T. is to introduce you to a style of training that you have never experienced before. Taking you out of your comfort zone and challenge what you previously thought your limits were by expert advice, motivation and encouragement. Nothing traditional.

www.adventureobstacletraining.com

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20 Gleneagles Drive, Durban North, Troon Entrance

Private Coaching / Group Session Training: -

Claude: 084 5826 265

Trish: 083 566 5578