

itinerary



all optional.

typical itinerary

6:30-07:30

Cold Water Exposure

10 minutes, then dry off and meditation / breathing practice

07:30-08:15

Morning Walk / Run & Yoga

Join 1 of the coaches leading a morning power yoga session in the barn or get outside on a trail walk elevating your heart rate

08:30-09:45

Breakfast

09:15-09:45

Seminar 1

09:45-10:30

Down Time Preworkout Supplementation

Time to sit down, visualise the workout ahead and enjoy an SF nutrition blend of caffeine and b vitamins

10:30-12:00

Training Session 1 - Strength Focus

The AM sessions will be compound movement based with the goal of pushing you beyond your current limitations.

12:00-13:00

Downtime / Relax

13:00-14:00

Lunch

14:00-14:30

Seminar 2

14:30-16:00

Training Session 2 - Hypertrophy Focus

The PM sessions will be the PUMP session with lots of reps, lots of conditioning and plenty of team support!

16:00-17:45

Downtime

Time to nap / shower and prepare for the evening activities

18:00

Games / Play

19:00-20:30

Dinner

20:30-21:30

Nidra Guided Meditation



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typical itinerary

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Activity of Your Choice

Kayak / Paddle board / Cycle / Hike / Horse ride (on request)

16:00-17:30

Downtime

Time to nap / shower and prepare for the evening activities

17:30-19.00

Games / Play

19:00-20:30

Dinner

20:30-21:30

Yin Yoga



seminars

- Nutrition
- Training
- Mindfulness / recovery
- Goals
- Psychology
- Cooking / Food Prep



relax. refuel. retreat.

 sfretreat

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