



PRIDEFITNESS

# NEWSLETTER

NOV 2023

## SUMMER IS COMING

Welcome to the first Pride Fitness newsletter. Each month we'll give you a fitness tip or two to incorporate into your daily life and showcase our fitness community. The last round of the year starts Nov 14th. Bye 2023!!



Our annual camping weekend was a huge success. Last year the creek flooded, the campsite was evacuated and the trip was cut short. Never one to give up, we were back for 2023 with blue skies, great laughs and an 11km trail run. Thanks to Cyril for arranging and everyone for joining us

### TIPS

Whether you're getting into **running** or trying to get faster, try interval training.

**As a beginner**, try jogging for 30 seconds, walk for 30. Do this for 5 minutes, then try running for 40 seconds, walk for 30. Keep at it, increasing the time.

**To get faster**, same theory applies but **SPRINT** for 20 seconds, jog for 30, sprint 20, jog 30



14 NOV

Last round of 2023 starts

775

World record for burpees in one hour by a female athlete

The Friday Bay Run team copped a drenching last month, but nobody gave in. Torrential rain can't stop these legends. And we were also joined by Laurie's mum from the UK, battling jet lag to get around the Bay.



The Pride Triathlon team were in Huskisson recently for a sprint tri, testing their fitness and endurance through a swim, ride and run- all before most people are awake on Sunday mornings. Congrats guys