

Holiday week 6<sup>th</sup> – 12<sup>th</sup> July 2020

G'day team! For our week off there will be no set land training content or Zoom calls taking place. Take this time to rest and recover physically and mentally. Enjoy the time away from your laptop or tablet screens and doing circuits in your living room!

If you would like to do something to stay active while we are off, you can use any of the land training sessions from the past 15 weeks or head out for a run, hike or cycle!

I would recommend getting out the house at least once a day, for an hour or so, stretch regularly and do some core.

Well done so far on how you guys have dealt with lockdown. Thanks to all of you for the effort and dedication you have shown towards the land training and Zooms. I know catching up with you guys throughout the week has made lockdown far easier for me and seeing how engaged and dedicated you have been has made me proud.

Hopefully, when we return on the 13<sup>th</sup>, we will not be far from getting back into the water but until then, keep up the incredible work you've all been doing and keep smiling! Danny.

