



Hi Guys!

Here is a quick insight into what is going on within Robinson Fitness this August also providing handy hints and tips along the way.

August has been an extremely busy month for Robinson Fitness with the countdown until the Eton Sprint Triathlon and the build up for 'Run to the Beat' for a number of my clients.

August has seen Robinson Fitness take to Tooting Bec Common a lot more for Long Slow Durations runs, interval sessions and a number of sprint sessions, through rain, wind and sunshine we have been on the common in preparation for our events!

My own personal fitness has seen me hitting Tooting Bec Lido for a number of swims which has been interesting! Swimming at 14c is something I don't wish upon anyone! With summer coming to an end it has made the swims alot harder in the outside pool

Workout of the month

Three rounds of:

800 metre run

15 Press ups

10 Squats

5 Burpees

Toms Tip

Any questions or feedback about the newsletter? Please email me at Tom@robinsonfitness.co.uk

Committed to your success,

Tom

Tom Robinson

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'Some people want it to happen, some people wish it would happen, other makes it happen'