



Hi Guys!

Welcome to the January/ February edition of the Robinson Fitness newsletter. Here’s an insight into what’s going on at Robinson Fitness, and to provide you with some handy hints and tips to ensure results.

So far I have enjoyed an extremely successful start to the New Year. Eight clients are following my weight loss programme, and have lost 49 lbs (23kg) between them since the start of the year! Special congratulations go to Seany who’s lost 5% body fat since 22 December and Paula whose lost 8kgs since we started training! Well done!

Their success is largely down to reducing time on cardio machines and increasing intensity, following a structured plan, training with full body functional exercises and re assessing nutrition and a lot of willpower, too!

My own training is just starting to build steam as I am in the pool now after a long absence, and hoping to start competing in triathlons this summer, with the possibility of an Olympic Triathlon to finish the summer. Also in late July I am planning to visit the Pyrenees, with the daunting prospect of cycling a leg of the Tour de France!

‘The Running Clinic’ has been re-named the ‘10k Challenge’

We will maintain the same focus, and work towards a more complete goal-finishing of the six week programme, by taking part in the WIMBLEDON 10K! We hope with my fellow runners to raise £1,500 for Kids Company www.kidsco.org.uk

It’s a London Charity providing practical, emotional and educational support to vulnerable inner-city children. So if you fancy a challenge, or want to raise money for a good cause please get in touch with me.

En route to the WIMBLEDON 10K I plan to help my clients condition their running muscles, strengthen core muscles by taking people away from sit-ups to more beneficial core movements. In short the plan is to help build lean muscle, shed fat, and make injuries a thing of the past.

MONDAY Monday Evenings 7pm Tooting Bec Running Track (Meet in reception) £4 a session	7 February 14 February 21 February 28 February 7 March
FRIDAY Friday Evening 6.30pm Fitness First Studio (Meet in Studio) £4 a session	4 February 11 February 18 February 25 February 4 March 11 March
SATURDAY Saturday Morning 10am,	5 TH February >6km ** 12 th February >8km

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



(Meet in reception)	19 th February >9km 26 th February >10km 5 th March >12km 13 th March = WIMBLEDON 10K!!!
Free Run	**This is a free run open to everyone. Open to everyone and ability**
End Goal	Complete WIMBLEDON 10K on 13 March and raise £1,500 15% of money for classes goes towards Kids Company!

Details of WIMBLEDON 10K

Entries can be made via email (<http://www.runnersworld.co.uk/events/vieweventnonmember.asp?sp=&v=2>) or post. Race fees are: Affiliated to a club - £14.00 Unaffiliated to a club - £16.00 Entry to race and t-shirt affiliated runner - £20.00 Entry to race and t-shirt unaffiliated runner - £22.00

To enter the Wimbledon 10K, runners must be at least 15 years of age on race day. Race Packs will be available to collect at Wimbledon Rugby Football Club on Saturday, 13 March (10am - 12) and before the race on Sunday. Race information will be emailed to runners and on the website. If you cannot make this race for any reason, there are more London events in 2011. Contact Tom for a free list of up and coming events.

*****FUN RUN*****

The fun run, **run4sebastian** is on Sat 19 Feb 2011 at Battersea Park Athletic track. Each runner must commit to raising a minimum of £100. Attached please find the form to be completed by the runners. Please fax completed forms to: +44 (0) 207 613 6985 attention Claudia

For more information on the Sebastian Action Trust: <http://www.justgiving.com/run4sebastian>
Herewith a link to view the video of Sebastian's dream: http://www.sebastiansactiontrust.com/about_us/our_film.php.

*****PERSONAL TRAINING OFFER*****

I offer a Free Personal Training session or Training Programme, if you refer two friends to either the 10k Challenge or to me for Personal Training

Tom's Tip: It's a Scientific Fact: that short, high-intensity interval training burns calories up to 48 hours AFTER your workout. That means you burn calories while you sleep!

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Workout of the Month

5 Rounds

1 Round

500 m Run

5 x Pull Ups

10 x Press Ups

20 x Squats

For further information including Meal Diaries, Food Planners and Information contact Tom

Committed to your success,

Tom Robinson

P.S Robinson Fitness is better for than any Fitness video, and he's interactive!

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