



**GET FASTER, LEANER,  
STRONGER, HEALTHIER  
& HAPPIER**

in a supportive  
group environment

## Achieve your goals, today... for life!

Led by Amanda Allen, Master Trainer and multiple State, National and World Champion Athlete (Cycling, Triathlon Canoeing).

**The Breakfast Club** integrates professional assessment and instruction, personal training & lifestyle coaching, tailored to your requirements.

**TRIATHLON & ADVENTURE TRAINING FOR FUN, FITNESS AND COMPETITION**

**realise**  
PERSONAL TRAINING



vitality



strength



endurance



balance

Contact Amanda Allen today!

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[www.realisept.com.au](http://www.realisept.com.au)

# REALISE YOUR ATHLETIC POTENTIAL!

## SESSION TIMES:

Monday	Tuesday	Wednesday	Friday	Saturday
<b>RUN Intervals</b> Park 10, North Adelaide	<b>SWIM</b> Thebarton Aquatic Centre	<b>RUN &amp; ERGO</b> Park 10, North Adelaide	<b>STRENGTH</b> Victoria Park Racecourse	<b>SWIM ERGO (bike) RUN</b> Thebarton Aquatic Centre
6-7.30am	6-7pm	6-8am	6-7am	7-9am

### Amanda brings decades of professional sporting achievements coupled with extensive professional qualifications to the benefit of her clients.

As a former professional triathlete and current internationally competitive canoeist, Amanda knows what it takes to suffer the lows, hit the wall, taste success, fail, persevere, grow, adapt, learn, try, laugh, cry, work hard, fail, try again, establish strategies for change and improvement, keep an sense of humour and how to endure to bring out the very best in herself – this is what makes her a highly motivating, honest and effective trainer and guide to her clients!

Amanda takes a very personal, enthusiastic and wholistic approach to working with clients across all aspects of health, fitness, wellbeing and performance!

Realise Personal Training & Breakfast Club services include:

- > Swim, cycle, run and strength training/instruction
- > Life/style coaching
- > Performance improvement strategies
- > Weight management
- > Stress management
- > Goal setting
- > Personalised program design
- > Nutritional support
- > Training scheduling
- > Technique assessment and development
- > Mental skills development
- > Racing strategy and skill development
- > Vitality and wellbeing coaching
- > FUN – it's in the fine print!!!



Improve your health, improve your running, improve your strength, improve your weaknesses, lose weight and reach new heights...

**come and be the best you can be!**

**FEES:** \$30/session  
av \$20/hr

**\$110/week**  
5 sessions,  
7.5 training hours  
ONLY \$14.60/hr

**\$100/week**  
families of 2 or more,  
students or conc. holders  
5 sessions, 7.5 training hours  
ONLY \$13.33/hr

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