

# 2020 BASS COAST RESILIENT RUNNER TRAINING CAMP

Join Kara Landells in Kilcunda on the Bass Coast for a dynamic weekend training camp working on both mind and body through a mix of running, strength and mobility work, mindset training and yoga.

You'll get personalised coaching while working on your running strength and fitness with Kara, owner and head coach at Kara Landells Coaching.

We'll take a holistic approach to your fitness, working on building mental resilience and breaking through mind set barriers. Plus we'll develop your core strength, mobility, stability, balance and endurance, transforming you into a more efficient and balanced runner. At the same time, we'll analyse your running technique and give you specific instructions to help you improve – all within a fun, friendly environment.

This exciting opportunity will make you a more capable runner while bringing out the best version of you.

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## your experience

2 nights, 3 days stay at **'Colours by the Sea' Beach House** Accommodation.

**5 Workshops** facilitated by a variety of professionals to help you achieve maximal results with your running:

### workshop 1

Endurance specific **Strength** and **Core Stability Training** with personalised coaching

### workshop 2

Goal setting and **Mind set training** to become a stronger, more resilient runner with **Bali Hope Ultra marathon 2019 Winner Sean Bell**

(Helping you as an athlete make empowering training decisions on your own)

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## workshop 3

Mastering Movement: **Running form** and **efficiency** with Kara  
(focused on developing your foundations of movement, with particular emphasis  
placed on **improving movement patterns** and efficiency for  
**stronger running performance potential**)

## workshop 4

Learn how to **properly mobilise, stretch and activate your muscles**  
to release tightness and gain best results

## workshop 5

The Power of Present Moment, achieving Flow State and Daily Rituals to enhance your  
running with **Yoga instructor Nikki Rowe**

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workshop 2

**Bali Hope Ultra marathon  
2019 Winner Sean Bell**



workshop 5

**Yoga instructor  
Nikki Rowe**

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## saturday & sunday morning sunrise running sessions

Along the picturesque George Bass Trail. Facilitated by Kara, Sean and Nikki, these sessions will not only improve your speed and endurance but will also set you up for a productive day of learning and development. These Running sessions will feature:

morning mind set preparation      dynamic warm up  
pre run movement activation      yoga for runners cool down

All your **food and snacks** will be taken care of during your stay so you can focus on performing at your best. Food and Snacks feature:

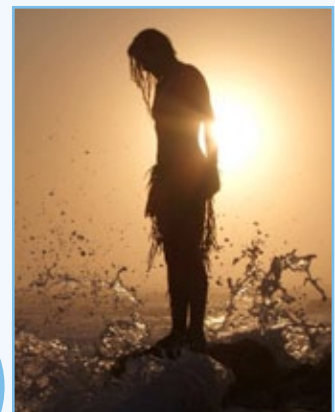
all organic and locally sourced produce cooked by inhouse personal chef  
vegan and vegetarian options available  
delicious snack and treats supplied by our local  
**'Conscious Cravings Co'**

food that will not only fuel your body for the days  
activities ahead but also taste **DELICIOUS!!**

All participants will receive discount vouchers that can be used on Kara's future Training camps, individualised programs and online e-books.



— 1st 5 PEOPLE —  
TO PAY IN FULL WILL RECEIVE  
**FREE** 1 MONTH  
RUN OR STRENGTH  
COACHING  
TAILORED PROGRAM WITH  
KARA AS YOUR COACH  
VALUED AT  
**\$240**



# 2020 BASS COAST RESILIENT RUNNER TRAINING CAMP

investment

singles: \$497

(all inclusive package with accommodation in a shared room.  
\$422 without accommodation)

couples: \$422 per person

(all inclusive package with accommodation in a Private double room.  
\$347 per person without accommodation)

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## Bring a friend discount:

If you refer a friend(s) who books into the training camp you'll both receive 10% off the entire package!!

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For all enquiries and bookings please email Kara at  
[kara@karalandellscoaching.com.au](mailto:kara@karalandellscoaching.com.au)

Bookings are confirmed upon receipt of payment. Places are strictly limited, so please book early to avoid disappointment.

