



Dublin Kendo Kobukai

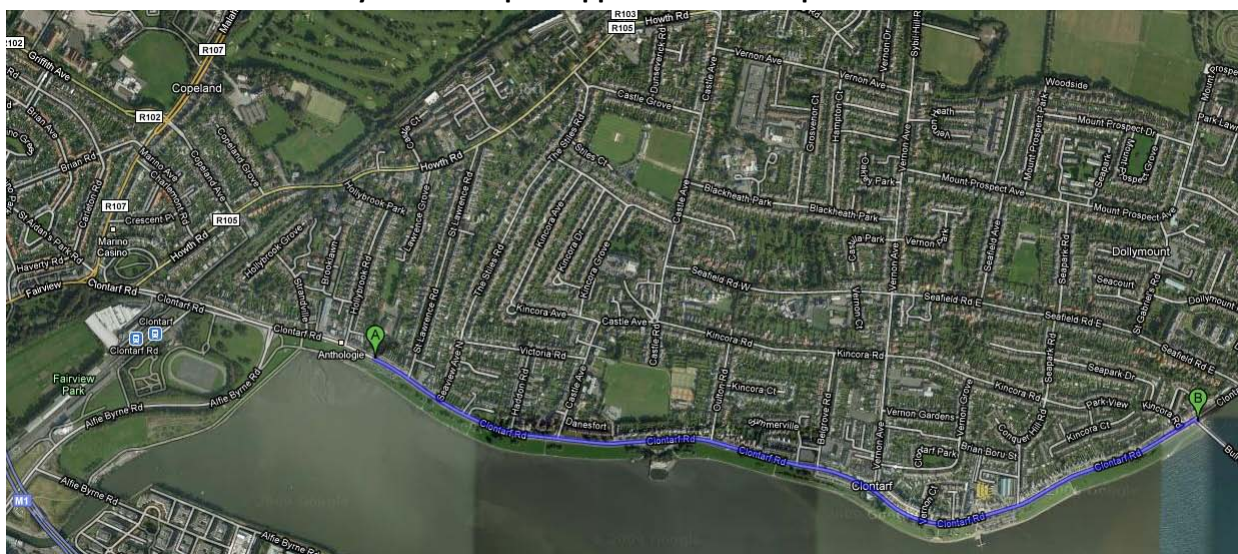


Dublin Kendo Kobukai fitness program

Dublin Kendo Kobukai fitness program is interval based training as this type of training is one of the best ways to improve cardiovascular fitness.

We keep the intervals short as this allows us to keep increasing the intensity. This will give maximum fitness improvements. To meet the need of all of our members we have three groups; advanced, intermediate and beginners, each has its own programme. Members are free to move between them as they feel. We recommend that all participants have some form of equipment to time their intervals. One recommendation is to use your mobile phones as most already include a flexible interval timer.

We meet at 19:30 on Mondays at the carpark opposite the Yacht pub on Clontarf strand.



http://maps.google.com/maps?f=d&source=s_d&saddr=Clontarf+Rd&daddr=Bull+Rd&hl=en&geocode=Fc89LgMd2SOh_w%3BFXw4LgMdk6qh_w&mra=ls& sill=53.358607,-6.185238&sspn=0.009028,0.019076&ie=UTF8&t=h&z=15

The route is the 5km from the carpark at the Yacht pub on Clontarf strand up to the Bull wall and back. The beginners may not make the full distance, that is fine they will turn back when they meet the advanced group on their way back from the bull wall. The advanced group will stop occasionally for core strength and plyo exercises and this will give the slower groups a chance to catch up.

For further information please contact us at: dublinkendo@gmail.com