

Wellbeing Bootcamp helps pals to the top of Mount Toubkal, Morocco!



Thinking “what can signing up to the A4W Bootcamp do for me?”

It's 11:30am on Wednesday 29th May 2013, at the base of Mount Toubkal in Morocco, the highest mountain in North Africa at 4167m (13,671ft). Seven friends in a team are just setting out on a two day trek to the summit and back down. Among them are myself, Grant, and my mate Mike.

We had spent the previous 14 weeks attending the A4W Bootcamp, three times a week. Would this prove to have been preparation enough for the trek ahead?

This question would be answered that first day at 5 o'clock in the afternoon when we arrived for the overnight stop at the Refuge (3207m), and it was an emphatic 'yes'. The following morning we set off at 6:15am and after a long, strenuous climb, reached the summit at around 10:10. Having stayed at the top for an hour or so, we made the long trek back to the bottom, arriving at around half past five in the evening and rounding off a hard, 11 hours or so of trekking. Had it not been for our time at A4W Bootcamp, it is almost certain Mike and I would not have even made it to that 'base-camp' Refuge, let alone onward to the summit and back.

Those 14 weeks of A4W Bootcamp had gotten us to a level of fitness neither of us had been at for a good number of years (maybe even decades!), and an overall feeling of wellbeing (just as it says on the tin). Dan, who runs the show, was absolutely great with motivating all members of the group, which included people of all ages, weights and fitness levels. He injected a sense of fun into each session and wherever possible made sure that each exercise activity could be adapted for different levels of ability – low, medium and high impact.

And now, having had a few weeks break after the climb, myself and Mike are back at A4W Bootcamp again. Not for us the boring surrounds of a gym, the monotonous plodding on a treadmill. Give us the fresh outdoors with a wide range of exercises, a great mix of friendly people, and the inspiration from Dan to push yourself as far as possible whilst still having fun. The more you put in, the more you get out of it, and the better you will feel. After all, the A4W Bootcamp got me and Mike to the top of a mountain!

