

Good Morning All!

If you're ever in the Mt Magnet area and you'd like to keep up the training, you could train with the Windimurra Branch of Wellbeings. The program is outlined below -

INTERVALS

We do our interval training on the dirt (graded) walking track which has markers every 200m. Whilst running, you have to dodge the bungarra holes (pic below) and your trainers end up a delightful shade of red. There is the occasional cobweb strung across the path which causes, esp in the female club members (and particularly, Tamz), a tendency to squeal and grab at the face while performing a strange, freakish dance to determine whether or not there is a HUGE spider somewhere in their hair. All good fun!

LONG RUN

The long run is carried out on the 4km stretch of bitumen road between camp and village. We set out from the village amid the staring eyes of 200 odd members of the male species who appear never to have seen girls run before. The lone male member of the club gets mental high fives from all 200 male gawkers. High visibility vests which do not breathe AT ALL must be worn. Upon completing the 8km stretch (in very high cross winds, this week) you have to summon the mental strength to turn around at the security hut (puffing hello to Tony the security guard who comes out to see us off) and run back to the first bend which is about 1km away. Total of 10km. As we build toward Half IM, this route will have to be run twice.

SWIM

Swimming sessions have not convened yet due to cold weather, but when they do they will be carried out at the camp swimming pool with a tether. The swimming pool is located next to the wet mess and unless the request to put shade-cloth on the pool fence is granted, swimming sessions will be conducted under the watchful eye(s) of the 200 male gawkers. Not to be left out, bungarras also like swimming in the pool.

CYCLING

Cycling is conducted in room P85. There is one bike on a wind-trainer. The front wheel of the bike is mounted on a piece of wood which was sourced by the male club member from the tip. The female neighbour in room P86 initially thought there was the World's Largest Vibrator being operated in P85 due to the fact that her entire bathroom was shaking while the bike was being ridden (there were jokes about her sitting down in the shower) until she was set straight. Members of Club Gecko (social establishment of which I am also a member) which is in the next row of dongas thought there was a helicopter taking off. Some modifications have been made to the set up and there are now two strips of heavy rubber under the wind-trainer, thereby reducing the vibrations (and the jokes). Aircon is already on for the cycling sessions, and it is anticipated that in summer there might be some heads exploding due to the extreme heat.

WEIGHTS

Sessions are done in the gym under the watchful eye of Joe (pic below). Joe spends a fair bit of time checking his muscles in the windows and jokingly pole dancing to the music, but on the whole he is a very good coach who never lets us quit early and we all now have muscles we didn't know existed. He also tells us we have nice bums (not Shae), points out to everyone in the gym that we have nice bums, and teases us mercilessly.

WALKING

Lots of walking gets done between camp and site, mainly in the afternoons by Bec and Tamz and in the mornings by Amy, Shae and Tamz. This is good because it gives **EVERY SINGLE CAR/TRUCK/Crane** a chance to beep at you on the way past and the guys a chance to whistle at something out the window. 😊

POST TRAINING SESSION THIRST QUENCHING

Is carried out at Club Gecko, where everyone inquires politely as to distance covered / weight lifted and then sticks a cold beer in your hand while shaking their head in wonder. This is, perhaps, my favourite part of the Special Mine Site Training Program.

Ha ha – maybe one day we will see you for a Red Dirt Training Session here at Windimurra!

See you all next week.

Tamz



