



CHANGE COACHING AUSTRALIA



RUCKING

BUILD STRENGTH, SPEED AND STAMINA

CHOOSE A TIME THAT SUITS YOU

Scan the QR Code to view our timetable
Group bookings on request



WHAT TO EXPECT

Our trail walks through various nature reserves are facilitated by a personal trainer and delivered as paced fitness walks, not leisurely strolls. Rucking builds strength, speed and stamina when load progressing from bodyweight to weighted vests or loaded rucksacks (poles optional). Rucking prepares you for the physical demands encountered during travel, holidaying and on retreats, so you can take part with confidence and ease.

You can bundle and save by combining your Rucking Package with a corresponding Spring or Autumn Retreat - putting your new walking capacity into practice in some of Australia's most scenic locations.



AUTUMN PACKAGES

Starts: May
Ends: October

No joining fees or memberships



SPRING PACKAGES

Starts: November
Ends: April

New starters may join at any time

www.changecoachingaustralia.com.au