



# Beach boot camp works up a sweat



## Lorraine Howard joins fitness fans for army-style exercises

**I**T'S 7am and as I make my way to the beach to take part in an early morning boot camp, I begin to think I have made a mistake.

Have I taken my mission to get fit too far?

Are the other people who are taking part going to be built like athletes?

Will sand go everywhere? And perhaps, more importantly, will I be fit for work afterwards?

But the moment I arrived at the boot camp I'm met by cheery instructors, soldier Christopher McQueen and fitness

coaches Rhona MacGregor and Louie Fecou and my worries are washed away.

That was until we arrived on the sand to be told to start running.

I was breaking into a sweat even before we had started the workout.

Determined to keep up with the others though, I dug deep to complete the run before it was time to hit the sand and do press-ups, squats, lunges and burpees along the beach front.

Louie warned us it would be a tough workout but over the next four weeks we would reap the benefits.

He explained: "Christopher is home on leave and has offered to help us with the beach camp.

"It's a great way of getting outdoors and combining intense functional exercises which affect the whole body to give you a really good workout.

"Rhona and I will share the workouts and Christopher is advising us as we go.

"It's an experiment but we think it is ideal for the summer. Luckily the sun has come out but rain, hail or shine, we will be hitting the



**TOWERS OF STRENGTH:** The women make the lunges look easy.

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beach."

Soldier Christopher trains squadies three times a day so to him, this was a walk in the park.

"It's good for people to push themselves and when Louie asked me about a boot camp, I thought it would be a good way for me to keep busy while I was on leave.

"So far, so good, though we'll be running further next session."

Instructor Rhona put us through our paces as we worked on the sand and while I struggled with the lunges and squats, there was a

**DRILL TIME:** The women with instructors Rhona MacGregor, Louie Fecou and soldier Christopher McQueen.

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strong sense of camaraderie among the women as we supported each other along the way.

And when Louie took charge he worked on toning – even ordering one woman to give him five push-ups in between squats – it really was like a military camp.

But there was no sense of competitiveness, it was team work at its best.

I have to admit, I was shattered at

the end of it but positively glowing, with the sun and the heat and the feeling of euphoria that I had become a real-life Private Benjamin in the making.

And I even made it to work on time.

The summer beach boot camp runs at Ardrossan South Beach car park on Tuesdays and Fridays at 8am. The cost is £5 per session.



**AND PULSE:** Instructor Louie Fecou puts the women through their paces.

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**FOCUSED:** Dreghorn's Julie Ritchie focuses as soldier Christopher McQueen looks on.

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