

Battling through Boot Camp



■ AND THEY'RE OFF! The start of a grueling 1.5-mile run

FITNESS has become a key aspect of modern life with "no pain no gain" almost its mantra.

But even an old cynic like me was impressed by the way those taking part put their heart and soul into Boot Camp.

This Weymouth-based residential fitness camp for civilians is the brainchild of ex-soldiers Boris Stone and Billy Smart.

The sun was shining but a bitter seafront wind numbed my hands and face when I joined more than a dozen people from as far afield as Manchester and Dublin in a fitness quest to make their body a temple.

Fortunately I didn't need to really join in as my body is already a temple - a ruined temple that is - so I could stand to one side as Boris carefully warmed the group up with exercises.

The two fitness experts met when Billy injured himself training for the London Marathon and came to Boris for massage treatment.

Billy said: "We got on well, I became involved with civilian training work he was doing and out of that we formed Boot Camp in Weymouth."

Head trainer Boris sent the group off on a gruelling 1.5-mile run before explaining that he organises and puts together the fitness regime while Billy tackles the Boot Camp website, accommodation and general day-to-day running while also acting as assistant trainer.

Boris said: "My main aim is to give people new ideas about fitness and healthy eating away from the gym and out in the open air."

"In today's group I have two training for the Army, one for the Royal Marines and nearly a dozen others interested in improving their personal fitness."

"One of those is Gary O'Neill from Manchester who is partially sighted. He has been to one Boot Camp and has come back again."

"We have helped him mentally as well as physically by giving him exercises specifically aimed at his particular needs and requirements."

My need and requirement was to

by Harry Walton

stop my teeth chattering as my frozen fingers tried to write down that Day One of a seven-day Boot Camp would also include a muscular endurance test of 11 exercises, a fast beach walk from the Pier bandstand to Bowleaze and back and team games.

Quite impressive, I thought, until Boris told me that all that was scheduled ahead of a wheat and dairy-free lunch!

Next came a less than restful afternoon including battle physical training using poles and exercises, a talk on posture and corrective exercises, shuttle runs and more exercises.

At least those taking part were entitled to relax free at Moonfleet Manor at night using their swimming pool and steam room which are included in the Boot Camp package.

Three types of package are offered from £370 for budget, £650 for a medium level Boot Camp with all training, food and facilities and a private en-suite room in cottages at the Lugger Inn, Chickerell, and £1,200 for a top of the range Boot Camp based at Moonfleet Manor.

During the week Boot Campers will also tackle everything from climbing to self-defence and nutrition.

Boris said: "Boot Camps are open to all with different levels of fitness to suit everyone."

"People from all over the country come to stay residentially with us, but local people can join as well simply by turning up each day from home for a set fee."

Billy said: "The whole week is also de-tox, so there is no tea, coffee, salt, milk or sugar."

"It is all either herbal tea or water for drinking while food intake is carefully monitored to provide the precise amount of calories needed for a day."

Boris was clearly eyeing a chance to improve my physique, so I made my excuses and left in search of a double bacon sandwich and a hot chocolate with whipped cream. All this talk of fitness had made me hungry.

Anyone interested in further details of Boot Camp opportunities should contact Billy Smart on 01305-761223 or email him at training@militaryfitnessbootcamp.co.uk



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