



katestaples.net

**Name:** *Kate Staples*  
**Location:** *Surrey*  
**Occupation:** *GB athlete, Zodiac on TV's Gladiators, owner of fitnesscamp.co.uk*

**05:00**

My morning starts with a ginger tea and lemon with hot water to cleanse my system ready for training. I normally have bio yogurt with granola and a sprinkling of grape-nuts or blueberries for breakfast. 5am sounds early, but since starting boot camp in 2003 it has been the norm, and now with a two-year-old it's even easier as he's normally up by then anyway!

**06:00**

Arriving at camp, everyone is raring to go. We have a nice warm-up, followed by a great session of cardio, circuit training, a few games, obstacles, abs, and a few minutes of yoga to set us up for the day.

We endeavour to exercise outside, but of course, if the weather really doesn't permit this, we take the sessions inside a nice warm hall. The important thing is to dress in the correct attire for movement and wear the right trainers. There's no time for fashion!

**07:30**

Right – back home for the school run. The children (Ella, 13, Kai, 7 and Luca, 2) have had their breakfast with my home help, Mel – who I couldn't live without – and are ready for school. I get just enough time for another ginger tea. After the school run, I'm off to the second camp of the day.

# Instructor diary

## Juggling family and fitness

Kate Staples, founder of Adventure Boot Camp, works alongside double Olympic Decathlon champion Daley Thompson to deliver camps in the UK and abroad – and all while juggling three children.

**09:15**

By the time my campers arrive and we've all had a quick chat about any queries and questions, we're ready to start our training. I ensure every course is different to make the exercise as fun, varied and as stimulating as possible. Moreover, each session targets certain body parts in a safe way for maximum effect. I run my camp with my fellow trainer, Nick Buckfield, who is also responsible for training all of our trainers and is an integral part of Adventure Boot Camp.

Music is essential to the sessions – thank god for good speakers. The natural environment we exercise in always makes me marvel though. Even if your body feels slow to start one day, the fresh air, clear sky and natural landscape is so cathartic on the mind and body that the feeling doesn't last for long.

Time flies by because we have such fun together. It really is the best way to start your day. As one camper recently said, "Coming to boot camp is like coming to a party every day".

**11:30**

After I've popped home to shower and change I drive over to the office, about five minutes away luckily. This is my time to catch up with my team. A daily focus meeting covers all aspects of the business, our retreat schedule for the forthcoming year, our trainers, the new camps, and a million other things. I squeeze in a tuna salad and blueberry juice for lunch, before I get a few more hours of reading emails and having meetings.



*Kate with Daley Thompson*

**15:30**

Time in the office whizzes by, and soon it's time for the school run again, and to think about tea-time.

**19:30**

Being up at 5am most days does mean that by about 7pm I am somewhat flagging, so after the kids have done their homework and had a relaxing bath time, it's ready for bed for them, and I'm soon to follow. Night, night. See you at camp tomorrow!

Do you have a story? Have you had a struggle getting to the top? Did something funny happen in your class? Got some advice you want to pass on? Whatever it is, email it to [publish@fitpro.com](mailto:publish@fitpro.com) with a good-quality photo and you could feature in a future instructor diary.