

TRYAD ADVENTURE CHALLENGE



The PhillyFIT Challenge Team survives it's first official 'challenge'! An awesome workout, but we're ready for more....bring them on! If your business would like to challenge us, email editorial@phillyfitmagazine.com, and submit your challenge. Pricing may vary, call for details.

The PhillyFit Challenge Team was called upon to participate in a Tryad Adventure Challenge. Kristine Labhart and Gina DeBelle answered the call. Approximately 30 people showed up at Pennypack Park in Northeast Philadelphia on a beautiful Saturday afternoon.

The first part of the "adventure training" was a 2.5 mile run/hike. We were placed in teams of two or more and given a map. The map was used to find several designated check points where you stamped your map to prove you were there. To make things a bit more difficult Dan Maialetti (the creator of the Tryad Adventure Challenge) gave us each a red brick to carry along our run/hike scavenger hunt. You would be surprised what a difference lugging that brick around made!

Following the run/hike we had a couple of mini-challenges such as running with filled six gallon water bottles and using team work to walk together on wooden planks tied with a rope.

The final leg of the Tryad Adventure Challenge was a 6 mile mountain bike ride through beautiful Pennypack Park. Don't be deceived, beautiful yes, but lots of little hills, twists, and turns to manipulate and even streams to cross.

Daniel Maialetti created the Tryad Adventure Challenge as a way to get people to cross-train, try new challenges, and get involved in adventure training. This adventure training utilizes the great outdoors as a way to achieve your fitness goals. Picture a boot camp, but more fun. Running/hiking, biking, canoeing or kayaking, plus throw in a few physical and mental challenges, plus a partner. Bam! You have adventure training.

Dan Maialetti, is a Certified Strength and Conditioning Specialist (CSCS) who has extensive experience in the fitness industry. Dan graduated from Temple University with honors, and a BS in Therapeutic Recreation (CTRS). While attending Temple University, Dan was an assistant wrestling coach at Cardinal Dougherty High School. In the field of Therapeutic Recreation, he established a fitness program for adolescents with disabilities. He spent 12 years at Shriners Hospital-Philadelphia Unit in this role. Following his tenure at Shriners, he became a personal trainer at the Newtown Athletic Club. Dan is now an independent personal trainer at the Aquatic and Fitness Center-Jenkintown. Tryad Personal Training is Dan's business outside of the fitness center. His favorite motto is: "train smarter, not harder."

Overall we found it to be a fun and challenging workout which we highly recommend. It is a great way to break up the monotony of your normal fitness routine.

To find out more about Tryad Adventure Training you can go to www.tryad-pt.com or contact Dan at dmaialetti@com-cast.net for further information about upcoming challenges, fitness programs, meal plans, training plans, and pricing.

Kristine Labhart/Gina DeBelle