



Testimonials

“Stef and Nancy are the best trainers ever. I was able to stay up 3 days straight for my high school graduation parties! And it helped with the subsequent teenage pregnancy that prevented me from a college education and any kind of quality of life. Thanks a lot!”

*Ellen
Somewhere in Tennessee*

“*GIRL’S WEEKEND TRAINING SCHEDULE* was truly a God-send. I was able to tail my cheating SOB of a husband non-stop until I got all the proof I needed to divorce the bastard. It truly improved my stamina.”

*Dotty
Los Angeles, California*

“I wuz abel to surviv meny nites studyin’ too get my GEB (or GED, or whudever it is) befour I terned 65. Thanx, Stefunny and Nansee!”

*Bubba
ButtFunk, Arkansas*

Girls Weekend

2006

Training Schedule

**In preparation for
June 15-June 18, 2006**

G.W. 2006 TRAINING SCHEDULE

ATTENTION GIRL'S WEEKEND ATTENDEES !!!

**IN ANTICIPATION OF OUR UPCOMING
4-DAY MARATHON, IT HAS BECOME
PAINFULLY EVIDENT THAT SOME
MEMBERS OF THE GROUP MAY NEED
SOME PRELIMINARY TRAINING TO KEEP
UP WITH THE MORE ADVANCED
PARTIERS.**

**CO-TRAINERS STEFANIE AND NANCY
HAVE DEVELOPED THIS TRAINING
SCHEDULE TO PREPARE YOU FOR THE
GRUELING EVENT...**

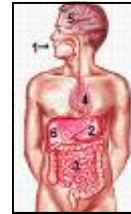
**WE RECOMMEND STARTING THIS
TRAINING SCHEDULE AS SOON AS
POSSIBLE TO INSURE A STRONG,
HEALTHY BODY AND MIND ...
JUST IN TIME FOR OUR JUNE RETREAT.**

**CHART YOUR PROGRESS AND
REVIEW IT OFTEN.**

**SHOULD YOU HAVE ANY QUESTIONS,
OUR PROFESSIONAL TRAINERS ARE
AVAILABLE 24/7 TO ANSWER ANY
QUESTIONS YOU MAY HAVE
REGARDING THIS REGIMEN.**

GOOD LUCK AND PARTY ON!!!

1. In preparation for the long hours, we suggest a gradual increase in alcohol consumption to build up a healthy immunity to the "bad" side-effect of overindulgence - sleepiness. You don't want to overdo this aspect of training to the point of building up "too much" immunity where you risk negating the positive effects of the alcohol, namely giddiness, happiness and an overall feeling of joy. But a good balance of being able to tolerate more than one drink without yawning and nodding off would be ideal.



2. Develop a strict regimen of sleep deprivation. We suggest shaving 15 minutes of sleep from each night beginning immediately and continuing right up to the actual weekend. Until you have mastered this step, try a power nap on a Saturday afternoon and see how late you can stay up. If you can get down to 2-3 hours of solid sleep per night, it will be very beneficial to your overall health for the weekend. Remember – you can always nap at the pool.

3. To become accustomed to the combination of alcohol and sleep deprivation, this little trick can really increase your stamina: Have a cocktail with dinner and then do some chores around the house. DO NOT, UNDER ANY CIRCUMSTANCES, GO TO BED OR WATCH TV. These activities are triggers for sleep and should be avoided at all costs.

4. If you don't have a taste for coffee, develop one! If you are already a coffee drinker, consider graduating to a stronger dosage such as demitasse or espresso ... and drink it black. This should keep you up for days.



5. Study the sleep habits of Susan whenever possible. She has the ability to convince herself that she has rested for hours when, in fact, she has just taken a quick 15-minute power nap.

6. While in training, park the car further away from your destination (store or mall). The walk will help condition you for walking from the parking garage to and through the casinos and those long nights of dancing.



7. Our trainers have seen the needs of our fellow partiers and have introduced the all new NAP TIME this year. We are hoping that this new feature will leave you feeling fresh as a daisy and allow you to survive past midnight at least 2 of the 3 nights of your stay.

8. This tip was developed by our very own Stefanie based on years of experience: Only bring outfits/shoes that fit properly to insure comfort. Have your outfits planned well before you start thinking about packing. Being uncomfortable can only make you cranky and tired!

9. Most of all ... ENJOY YOURSELF!