



PHOTOGRAPH JEZ BATCH

THE MILITARY CAMP CLAIRE FOX, 35, WENT OUTDOOR
HARDCORE WITH NO 1 BOOT CAMPS, NORFOLK

'I've really upped the ante with my exercise regime'

WHO IS IT FOR? People who are serious about getting in shape and like their workouts hardcore. You exercise outside – rain or shine – with ex-marine and RAF trainers. It suits competitive types, as friendly rivalry is encouraged.

THE PROMISE You'll shape up fast and jump-start a new fitness regime or take an existing one to the next level.

THE COST £495 for a shared room or £695 for your own room – per person, per night. From 7pm on Friday to 7.30pm on Sunday. The price includes chauffeur service to and from nearby King's Lynn station, plus all training, food (except Sunday dinner) and a massage.

WHAT'S A TYPICAL DAY LIKE? You're woken by pumping music at 6.30am and start the day with a two-mile run before breakfast, which is a bowl of porridge or muesli. Then it's circuits on a nearby beach, followed by a class, such as boxercise. Lunch is Thai chicken soup at midday, followed by an afternoon of walking through the countryside. Dinner, at 7.30pm, is chicken or beef burger with salad. You get two snacks and can have tea and coffee with breakfast, but after that you're only allowed water and herbal tea.

HOW MUCH DOES IT HURT? A lot – but you're never exercising for more than 30-40 minutes at a time. The trainers' banter makes it fun, too. But if you're even one minute late for a session, expect a punishment.

BEST THING How much fun it was and the beach is stunning, which takes your mind off the pain. The food was also amazing – the chef used to work at the swanky OXO Tower in London. I also liked the detox – no caffeine, sugar or carbs – and I left feeling lighter.

WORST THING Feeling hungry. You're restricted to 1,200 calories a day and carbs are banned – I went to bed starving. But you can opt out of the restriction if you want to. The daily ice bath is a killer, too. You're meant to dunk yourself in freezing water to ease muscle soreness, but I couldn't bear to go in further than my waist.

UNIQUE BENEFITS It's the place to hang out with celebs. Tamzin Outhwaite was there at the same time as we were. They've also trained Kerry Katona, Sophie Anderton and many more.

VERDICT It led me to really up the ante with my exercise regime. I was there to boost my fitness levels, but I did shave an inch off my waist, too. Some women who stayed for a week lost a stone. Most importantly, I had a blast – I laughed all weekend.

● Visit no1bootcamp.com, or call 02076254307. Other bootcamps in different locations are available.