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seemed to be quite loud and busy; I wanted versatile pieces that were chic and made sense for my workouts, being at home, and everything in-between."

To this end, Vaara designs along three pillars: "Perform" is the functional collection; "Rest" is for relaxation, and "Enhance" is "amplified femininity" (as Korsakova puts it). "We carefully engineer our pieces, often going through multiple iterations until we are happy," she explains. "We never compromise on materials — we only work with the best mills." Many of Vaara's pieces are in a lightweight Italian knit with a honeycomb structure: it allows air to



Business model: Tatiana Korsakova

circulate, so you won't sweat as much. "Needless to say, it took us a long time to source," she says.

Vaara is pitched at more gentle workouts — Pilates and yoga, not boxing or HIIT — and you ought not to leave Italian knit balled up at the

bottom of your bag for a week. Prices are in harmony with upper-market competitors: they start at around £55 for a sports bra, and stretch to around £170 for that cult full-length bodysuit, which is also Korsakova's favourite piece. "It has a very feminine silhouette and the fit is comfortable for any studio workout." The Vaara woman is your average athleisure acolyte. "She lives a busy life," says Korsakova. "She balances family life with her work, social life, exercise and other commitments. She is health-conscious and desires a wardrobe that transitions effortlessly from morning to night, from work to home, and from active to relaxed."

Spy it soon on a yoga mat near you. @phoebeluckhurst

Pulling power: meet the fit farmer

FITNESS

HIIT classes on hay bales and tipping tractor tyres — a new outdoor class is turning City boys into strongmen, finds **Katie Strick**

I'M WORKING out next to a hay bale while lifting a metal keg above my head. Next to me, a man is doing deadlifts with farm equipment and a woman is box jumping on to a tractor tyre.

My fellow classmates and I are sweating through a Blast workout at Farm Fitness: a unique outdoor farm-based gym concept that's giving London's fitness scene a rural shake up. Its Saturday morning sessions are a new favourite workout for City boys, its walk-in strongman challenge was a highlight at Balance Festival this weekend and every month busloads of Londoners flock to the countryside for a functional bootcamp among the Essex wheat fields: Nike, Active in Style and Red Bull have all sent teams down for a try.

The face of it all is ex-farmer and personal trainer Tom Kemp (and Ozzy the Collie, who is never far from his side). Kemp says the idea grew "organically": the 25-year-old grew up doing manual labour on the family farm and would train for his semi-professional hockey career using circuits made from old machinery. Realising he wasn't going to make it in hockey professionally, he decided to channel his sporting discipline and

"It's not a gimmick. We're not just a normal gym that's gone out into the car park to do some burpees"

drive into fitness. Kemp began working at a commercial gym but missed "training outside in the open" so started transforming a derelict "machinery graveyard" on the farm near Stansted Airport into a bespoke outdoor training ground. Farm Fitness was born in 2016.

What began with a weekly bootcamp is now four classes a week, six PT sessions a day and regular tailored corporate packages. A professional custom-made rig has replaced the scaffolding and there's now AstroTurf instead of grass, but the tools and equipment remain the same: old tractor tyres, hay bales, metal kegs, chains and ropes.

For Kemp and his new team of coaches, authenticity is important: "It's not a gimmick. We're not just a normal gym that's gone out into the car park to do some burpees," says coach Andrew Tracey. "It's the fullest realisation of an outdoor gym. We try to keep that unique twist." This is reflected in the training: the class is



Farmer's world: Clockwise from main, Farm Fitness owner Tom Kemp, Katie Strick is put through her paces using machinery

made up of circuits but it's totally different to an indoor workout — it's much more functional. Jumping jacks, press-ups and hand weights are replaced with pulling and pushing metal equipment, carrying sandbags, slamming chains and sledgehammer work against tyres.

It feels real and gritty: low-skill, but high intensity. Kemp says it's all based on Strongman movements, but "scaled right down" to a level that is accessible to everyone — beginners and advanced athletes. That said, they don't go soft: sessions take place outdoors all year round, including in

snow (they've only had to move indoors once in 18 months), and everyone trains together "so you can't hide".

Each class is split into teams, so there's also a competitive element. "You're accountable to the other people in your team. People get caught up in the environment and don't want to let their team down," says Tracey. He's not wrong: my team-mates are all regulars and are set on winning, shouting words of encouragement from across the hay bales. There's camaraderie. Ultimately, the outdoor setting is

Farm Fitness's biggest appeal, Kemp explains. "A lot of London gyms are underground with no natural light and heavy nightclub vibes," so people love escaping to an "idyllic setting" where they can "get some vitamin D and fresh air". Tracey says the outdoor training industry is "ready for a big boom" and in the UK he and his team are "right ahead of the curve".

At the weekend they brought the concept to the city at Balance Festival where they hosted the event's "toughest challenge" with a recreation of their outdoor gym, and last month they hosted the final of the

Activeman Turf Games, with more than 100 athletes competing on the farm.

Word is spreading: Kemp says the past few weeks have been fully booked for classes and PT sessions and this month he's launched a new series of training days for Londoners taking part in Tough Mudder-type events. Each one is two hours' long and the fields are transformed into running tracks so the team can work on specific obstacle training methods with competitors. Don't bale: get down to the farm. @katie_strick

LONDON LOVE STORIES

'We're Meghan and Harry with smaller bank accounts'

Meghan Jones and Harry Burton

Jobs: Fashion PR and legal adviser
Ages: Meghan is 28; Harry is 31
Live: Clapham
Length of time together: Two years
Status: Official



Dating disasters

Harry: We've both had some dating disasters. Two years ago I went on a date with a girl I'd met at a friend's housewarming; we went to a nice wine bar that had just opened in Clapham. Turns out, I had booked the table next to my ex and her date. We ended up arguing across the tables, and I went home with Chablis on my shirt! Meghan was hit by a car while on a date once — she spent the rest of the night in A&E.

The meet-cute

Meghan: We met on Badoo. I'd never used a dating app before, so didn't take it seriously at first, but Harry's bio made me laugh — he'd really put the effort in. No Insta handle or aubergine emojis from this one! We messaged for a couple of days, then I got drunk at my friend's birthday and decided to ask him out.

The chat-up line

Harry: Being honest, it wasn't my most suave and debonair moment. I messaged "Hey" but my friend told me that that's a dating app faux pas, so I hit her with some weather chat. I then panicked and sent a Peep Show gif. I think it was the comment about "drizzle" that really got her talking.

The first date

Harry: It was a very chilled first date: we only went to the Starbucks on the King's Road. I had just finished training at the gym, so I was in a hoodie and trainers. I didn't want Meghan to be intimidated by my sense of style... I also read somewhere that post-gym pheromones are attractive. She looked amazing, which made me slightly regret my life choices (the tracksuit; not her), but we had our first kiss. We hadn't even been drinking. I told you, it's the gym pheromones!

First impressions

Meghan: He was a gentleman. He pushed my chair in when I went to sit down, even though he didn't push it in far enough and I nearly fell over. It's the thought that counts.

The first morning after

Harry: We went to Balans in Clapham, had breakfast and about 5,000 Bloody Marys. Then we went back to mine for a nap, but didn't wake up until 5pm.

Making things official

Harry: We actually made it official

really quickly — within six weeks. She'd met all my mates by week two and my mum loved her. My mum usually hates everyone, so I knew I was on to a winner. She's 100 per cent my type on paper.

Meeting the mates

Harry: My mates adore Meg. She drinks beer and watches rugby so she fits in well with my gang. Though they probably fancy her, to be fair.

London love story

Harry: We live in Clapham, so we're not too far from The Ship in Wandsworth. We love it there for a nice pub lunch. My favourite date places are Park Chinois, London Edition, the Bloomsbury Club bar and, if all else fails, Gordon's Wine Bar. We also love Freedom. We've had so many good nights in there.

Moving in

Meghan: I moved in after six months, but I was staying round there all the time anyway so it made sense. I have OCD, so Harry isn't quite up to my standard in terms of cleaning. I tend to do most of the housework, but he does cook for me. I basically have a live-in chef: he's pretty good, whereas I once managed to burn a microwaveable pizza. I should never be allowed in the kitchen.

Full-speed ahead

Meghan: Our last fight was about parenting. We disagreed on a few things and started to argue over a child we don't actually have.

A royal romance

Harry: The comments about being Meghan and Harry only started recently but now it's constant. I play a bit of polo and I'm obsessed with rugby. We're basically them, but with smaller bank accounts.

Being Meghan

Meghan: I really wanted to be an actress when I was younger: I went to classes but could never remember my lines. I also do a lot of charity work and I'm quite active — I'm often at Barry's Bootcamp or Third Space.

As told to Katie Strick

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