

## NEILL/BLAKE CAMP 2026 - SCHEDULE

### MONDAY

12.45pm	<b>INTROs</b>	Meet the coaches and introductions (NSC Track)
1pm	<b>RUN</b>	45mins - Technical/ Focus on Running Form/ Aerobic base with strides (NSC Track)
6pm	<b>SWIM</b>	60 mins - Technical/Threshold swim (NSC Pool)

### TUESDAY

5.30am	<b>BIKE</b>	90 mins - Aerobic base from Winners Edge to St George's/St Davids
6pm	<b>RUN</b>	60 mins - Track/Speed progression (1 mile/800/400x2/200x4)

### WEDNESDAY

1pm	<b>SWIM</b>	Open Water - Entries/exits/drafting and sighting - Admiralty (meet in Admiralty car park)
6pm	<b>SWIM</b>	90 mins - Swim/Mobility/Core - Stretch/Core/Drafting set/Relays (NSC)

### THURSDAY

5.30am	<b>BIKE</b>	90 mins - Knapton Hill loops, 40 mins AMRAP - meet at Winner's Edge
1pm	<b>STRENGTH</b>	60 mins NSC
6pm	<b>BRICK</b>	90 mins - Trainer bike and run - Tempo + transition (NSC Track)

### FRIDAY

7am	<b>SWIM</b>	30 mins - Open water recovery (Harrington Sound School Dock)
6PM	<b>PUB</b>	Evening social with coaches

### SATURDAY

8am	<b>BIKE/BRICK</b>	Poker Ride (Teams of 5, 5 destinations, best hand wins) + Run off bike
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### SUNDAY

10am	<b>TRIATHLON</b>	500m/10km/3km followed by Brunch and Awards (Cambridge Beaches Hotel)
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