

NEILL/BLAKE CAMP 2026 - SCHEDULE

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

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