

## **11<sup>th</sup> Annual Bermuda Triathlon Training Camp 2021**

**November 22<sup>nd</sup> – November 27<sup>th</sup>**

Coaches; Mike Neill and Jasper Blake



B78 head coach Jasper Blake and Human Powered Racing head coach Mike Neill bring a combined 40 years of training and racing at the highest level to Bermuda for a camp that will be informative and challenging for athletes of all abilities. Whether a seasoned veteran of Ironman racing or a beginner looking to participate in your first sprint race, this camp will be a great end to the 2021 season and a way to kick off a much better 2022!

### **SCHEDULE**

#### **Monday, November 22<sup>nd</sup>**

Run – Noon – Aerobic Endurance - NSC  
Swim – PM – Drills/Technical - NSC

#### **Tuesday, November 23<sup>rd</sup>**

Bike – AM – Hills/AMRAP – Lighthouse  
Swim – Noon – Open Water/Drafting - Harrington Sound/Admiralty  
Run – PM – Technical/ MAF - NSC

#### **Wednesday, November 24<sup>th</sup>**

Bike – AM – Aerobic Recovery/Spin – Winner's Edge  
Swim – Noon - Sprints/Relays – NSC  
Strength – PM – Core/Hip/Mobility - NSC

#### **Thursday, November 25<sup>th</sup>**

Bike – AM - Time Trial - Winners Edge  
Run – Noon – Fartlek – NSC  
Swim – PM – Sighting/Drafting Skills - NSC



**Friday, November 26<sup>th</sup>**

Bike – AM – Race Prep – Winners Edge

Transitions – Noon- Race Prep – NSC

Strength – PM – Core/Hip/Mobility – NSC (For anyone who couldn't make Wednesday)

**Saturday, November 27<sup>th</sup>**

Super Sprint Triathlon – AM (3 X through 200m Swim/ 4km Bike/ 1km Run)

Team Relay Triathlon – AM (to Follow Sprint/ Teams of 3 and they can put whoever they like doing whichever sport)

Camp Wrap Up Party - PM

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