

Neill - Blake Bermuda Camp 2024

March 11th – March 17th

Monday, March 11th

6PM - Run – 60min - Technical/ Focus on Running Form/ Fartlek Relays (NSC North Field) **Everyone**
7PM – Q & A – nutrition/ clothing/ anything really about the week and sport **Everyone**

Tuesday, March 12th

5.30AM – Bike (60min) – Aerobic Recovery Spin (meet Winner's Edge) **Beginner**
1PM – Pool Swim – Technical/ Short Rest 100s Set to Finish (NSC) **Everyone**
6PM – Strength Session (Group 1) - NSC Gym **Everyone**

Wednesday, March 13th

5.30AM – Bike - 90min – Aerobic Base (Winner's Edge) **Advanced**
12PM – Swim – 60min – Technical/ 50s Set to Finish (Stadium) **Everyone**
6PM – Run - 50min – Hills (Stadium to Arboretum/ 30 second Hill Reps) **Everyone**

Thursday, March 14th

5.30AM – Bike – 75min – Lighthouse Hill Reps (Winners Edge) **Beginner**
1PM – Run – 40min – Aerobic Recovery (Stadium) **Everyone**
6PM – Strength Session (Group 2) **Everyone**

Friday, March 15th

5.30AM – Bike - 90min – Sayle Road Loops (Winners Edge) **Advanced**
1PM – Swim - 45min -Open Water Drafting Packs/ Sighting Focus (Admiralty Place) **Everyone**
6PM – Social/Happy Hour with Coaches **Everyone**

Saturday, March 16th

10AM – Transition Workout (90min) – Short Interval Bike/Run Transition Workout **Everyone**
The Race will be the FASTEST Transition Time. (Clearwater)
PM (Time TBC) – Swim-Run Race (45 – 60min) – Harrington Sound **Everyone**

Sunday, March 17th

AM (Time TBC) – Team Triathlon (Clearwater) **Everyone**
2 males/ 2 females per team. Super Sprint Format
PM (Time TBC) – Camp Wrap Party **Everyone**
Team Trophy Awarded

PLEASE NOTE - all workouts are open to Everyone! The above colour coding is intended as a guide as to the intensity of the workout.