



EASTER CAMP PROGRAMME

Monday

08:30-09:00	Kids arrival and sign in at Bellahouston Leisure Centre, kids change for land training.
09:05-10:30	Functional and run training. – Long slow running and lower leg / plyometric exercises.
10:30-11:00	BREAK TIME
12:00-13:30	RIDE SESSON 1 – mileage and group skills
13:00-14:30	Lunchtime – Including change time for swim session.
14:30-15:30	SWIM SESSION – Different strokes, sprints and open water skills.
15:00-15:30	Transition skills introduction- easy brick training for advanced.
15:40	Kids depart.

Tuesday

08:30-09:00	Kids arrival and sign in at Bellahouston Leisure Centre, kids changed for run.
09:15-9:45	Run transfer to Nethercraigs Athletics track.
9:15-10:00	Bike transfer to Nethercraigs Athletics track for older athletes.
9:45-11:15	Run session – Track running – drills, sprints, agility and endurance.
11:15-11:30	Transfer back to Bellahouston.
11:30-12:30	Transition skills
13:00-14:00	Lunchtime – including changing for bike / transition session.
14:00-14:30	Land training poolside core and shoulder conditioning.
14:30-15:30	SWIM SESSION – aerobic development and recovery
15:40	Kids depart.

Wednesday

08:30-09:00	Kids arrival and sign in at Bellahouston Leisure Centre, kids change for land training.
09:05-10:00	Functional training. – Games hall conditioning, co-ordination and challenges.
10:15-12:30	RIDE / TRANSTION TRAINING / BRICK SESSION
12:30-13:30	Lunchtime – Including change time for riding / run session.
14:00-14:30	Land training poolside core and shoulder conditioning.
14:30-15:30	SWIM SESSION – Aquathlon if weather permits.
15:40	Kids depart.

Thursday

08:30-09:00	Kids arrival and sign in at GLASGOW CLIMBNG CENTRE
09:00-10:45	CLIMBING / ABSEILING at Glasgow climbing centre
11:00-11:15	Transfer to Bellahouston.
11:30-13:30	BIKE RIDE – with transition skills and strength work as required.
13:30-14:30	Lunchtime – Including change time for swim session.
14:30-15:30	SWIM SESSION – aerobic development and recovery
15:40	Kids depart.

Sample programme may vary