



SUMMER TRAINING CAMP PROGRAMME

PLEASE NOTE THAT TIMINGS AND ACTIVITIES MAY CHANGE DUE TO WEATHER OR FACTORS OUTWITH OUR CONTROL

MONDAY

Kids Should not bring Lunch, snacks or lunch money today – provided at camp!!!

- 08:30-09:00 Kids arrival and sign in at Bellahouston Leisure Centre, Bikes placed in container. change for land work
- 09:05-10:00 Land Training.
- 10:00-11:45 SUPERMARKET SWEEP FOOD SHOPPING CHALLENGE!!!
- 12:00-13:00 Lunchtime – including changing for bike / transition session
- 13:00-14:15 Bike session – Time Trialling and transitions. On cycle activity track in Bellahouston Park.
- 14:30-15:30 Swim Session – easy technical swimming open water skills. + AQUATHLON (WEATHER DEPENDENT)
- 15:30 Kids depart.

TUESDAY

- 08:30-09:00 Kids arrival and sign in at Bellahouston Leisure Centre, change for running
- 09:15-9:45 Run transfer to Nethercraigs Athletics track
- 09:45-11:15 Run session – Track running – drills, sprints, agility and endurance + 1 mile relay challenge.
- 11:30-11:45 Run transfer Back to Bellahouston.
- 11:45-12:45 Lunchtime – Including change time for riding / run session.
- 12:45-14:15 Bike and conditioning session – bike handling skills and flexibility / functional training.
- 14:30-15:30 Swim session – strength development!!
- 15:30 Kids depart.

WEDNESDAY

- 08:30-09:00 Kids arrival and sign in at Bellahouston Leisure Centre.
- 09:00-09:15 Changing time – Gym kit
- 09:15-10:00 Off road easy warm up run and strength training.
- 10:00-11:30 Bike session – Group riding, aerobic base training and racing – elimination races.
- 11:30-12:45 LUNCH – including change for running
- 12:45-14:15 BIKE – Long slow ride to Pollok Park for advanced riders or around Bellahouston for younger riders .
- 14:30-15:30 Swim Session – Breathing control, pace race + kick development
- 15:30 Kids depart.

THURSDAY

- 08:30-09:00 Kids arrival and sign in at Bellahouston Leisure Centre
- 09:00-09:05 Changing time
- 09:05-09:30 Longer aerobic run
- 10:00-11:00 Climbing wall activity – group 1, stretching session group 2.
- 11:00-12:00 Climbing wall activity – group 2, stretching session group 1.
- 12:00-13:00 Swim Session – easy technical swimming + open water skills.
- 13:00-13:50 Lunchtime – Including change time for riding / run session.
- 14:00-14:30 Duathlon warm up and preparation.
- 14:30-15:30 Run – Cycle – Run team relay duathlon.
- 15:30 Kids depart.