

Working Schedule*

The Retreat Meal Times

- 07:30 10:00 breakfast
- 12:30 - 14:00 lunch
- 19:30 - 21:30 dinner – 8pm meeting time for TRI CAMP on inclusive nights

Neilson Welcome

- Manchester and London Flight – Monday at 10am

RnR Triathlon Camp Welcome

- London Flight – Sunday at 19:30 at dinner (bottom floor of restaurant – look for RnR banner)
- Everyone – Monday at 9am in the amphitheatre

Evenings

During the week in the evenings there is time to enjoy the Neilson entertainment and relax.

Non-inclusive nights (eat in town) – Days TBC. We book a group at the restaurants in town or a chance to explore the town at leisure.

Final Night Awards (Saturday)

- 9pm – RnR Triathlon Awards – Venue TBC
- 10pm – Neilson Awards

	Pre-Breakfast- Start 7.30am	Morning- Start 10.30am	Afternoon- Start 2.00pm	Late Afternoon- Start 5.00pm
Sunday	Travel	Travel	Bike Assembly With Team & Explore Retreat	Bike Assembly With Team & Explore Retreat
Monday	Run- Very Easy Run (Very Optional)	9am Camp Welcome (lower bar) 10am Neilson Welcome 10:30am Swim- Open Water Swim Technique and Skills Session	Bike- Short Easy Workout (Option for longer ride >)	Planning your winter training and preparing for 2018 (lower bar) Sports Massage 6 to 8pm
Tuesday	Core Workout For Triathletes	Swim- Goat Island Long Easy Open Water Safari. 400m- 2.2km	Bike- Church Hill Climb Training TT followed by descending technique session	Rest & Relax - or - 1-On-1 Training/Lifestyle Chat - or - 1-On-1 Swim/Run Technique Session - or -

				Sports Massage
Wednesday	Run- Short Hard Interval Workout (7am start)	Bike- Long Steady Ride (930am and 10am starts)	Rest & Relax - or - 1-On-1 Training/Lifestyle Chat - or - 1-On-1 Swim/Run Technique Session - or - Sports Massage	Rest & Relax - or - 1-On-1 Training/Lifestyle Chat - or - 1-On-1 Swim/Run Technique Session
Thursday	Morning Yoga For Triathletes	Swim- Goat Island Open Water 2.2km (Or Kayak If Not Swimming)	Long Run Session	5pm Nutrition Talk 6 to 8pm Rest & Relax - or - 1-On-1 Training/Lifestyle Chat - or - 1-On-1 Swim/Run Technique Session - or - Sports Massage
Friday	Bike- Short Easy Workout	Transitions tip session... and Swim – Run – Swim –Run – Swim – Run Super Brick	Yoga Session For Triathletes	Race Q&A Followed By Registration
Saturday	Rest	Sivota International Sprint Triathlon	Rest & Relax - or - 1-On-1 Training/Lifestyle Chat - or - 1-On-1 Swim/Run Technique Session - or - Sports Massage	Bike Packing, Awards & Party!
Sunday	Travel	Travel	Travel	Travel

Notes-All workouts should be seen as optional. Only advanced athletes should do all workouts. Workouts will be done in beginner, intermediate and advanced groups. Schedule is subject to change at any time.