



BONNIE BANKS

# BOOTCAMP

## Residential Activity and Health Retreat

at Bonnie Banks, Loch Lomond,  
Scotland.



# RUNNING COURSES THROUGHOUT 2021

## COURSE SCHEDULE

Bonnie Banks not only gives guests a beautiful location by which to base yourselves from, but is also a stone throw away from the banks of Loch Lomond. We will take you through a fun, effective health and fitness regime.

Our high octane course will push you to your limits but also educate you in how to get the best out of your body. We will instruct you in optimal nutrition to suit your body type and a training system to get you to where you want to be, every guest will have the tools to keep achieving once you have left us.

We accept anyone over the age of 15 who must be accompanied by an adult, with no upper age limit. We aim to help all guests achieve their goals, be it weight loss, confidence, strength, conditioning or those who would like to have a very active retreat amongst like minded individuals.

Our menu is catered around the best local produce, which our chef prepares fresh each day. Nutrition is key in achieving whatever goals you have, and to that end, all meals are calorie balanced to work in conjunction with the training sessions. There are no fad diets, pills or potions at Bonnie Banks, just balanced, portion controlled, healthy and nutritious meals, set alongside a structured set of fitness activities. We believe that the best fresh air, is that of the Scottish Highlands, so we aim to take full advantage of it.

After a long day, guests can relax in the hot tub. We offer an aftercare service whereby you will have access to training plans, nutritional information and a week's sample menu. Further questions can be asked direct to our instructor via our social media platforms.

## EXAMPLE MENU

### Breakfast

- Assorted Fruit
- Egg White Omelet
- Cottage Cheese Omelette
- Hot Whole Grain Cereal with berries
- Cold Whole Grain Cereal
- Whole Wheat or 7 Grain Toast
- Eggs and mashed avocado on toast .
- Yogurt with Fresh Fruit
- Assorted cereals

### Lunch to order

- Fresh Roasted Turkey Sandwich
- Grilled Veggie Pita
- Turkey Burger
- Veggie Burger
- Border Wrap
- Tuna Salad Sandwich
- Garden Salads
- Salad Toppings: Tuna, Turkey, Egg, Cheese

### Dinner

- Baked Chicken
- Baked Fish
- Pasta Primavera
- Steamed Veggies, Grains & Beans
- Chef Salad
- Additions: Baked potato, Sweet Potato, rice

## SCHEDULE ACTIVITIES

- Munro walking (winter conditions)
- Strength and conditioning classes
- Circuit training
- Mountain biking
- Military based fitness
- Yoga



Our instructor for the Activity and Health Retreat is

## **Rich 'JAFFA' Worrall,**

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My name is Rich Worrall, I am a former British Paratrooper, fully qualified level 3 personal trainer and nutritionist.

My specialist training in the Parachute regiment gave me a great foundation to my fitness career. I have taken clients on various extreme sporting activities over the years from mountain climbing to ultra marathons and endurance races. My main passion is now body building and strength and conditioning and have taken many clients from fat to fit and even beyond that!

This coupled with my knowledge as a nutritionist means what ever your goal is, I can support you throughout with tailored nutrition plans that make sure you get the best results every time ..... your body is an engine and without the right fuel you won't get the best performance.

*'The only thing that limit us reaching our true potential is our minds'*



Bonnie Banks offers a Highland themed 7 bedroom 10 bed luxury accommodation located metres away from the beautiful shores of Loch Lomond with the picturesque Trossachs National Park as a perfect back drop. Positioned within walking distance from all Bars and restaurants as well as all other activities Balloch has to offer.

Bonnie Banks is your home away to spend time with family and friends. Make great use of our outdoor hot tub under a wooden gazebo, with large gas BBQ and outside bar.

### **Contact**

**Email:** [bonniebanksbootcamp@gmail.com](mailto:bonniebanksbootcamp@gmail.com)

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# 4 Day Residential Bonnie Banks Bootcamp



	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
<b>SUNDAY</b>	PARTICIPANTS CAN ARRIVE ANYTIME AFTER 1500hrs to BONNIE BANKS - A £50.00 FEE IS CHARGED														
<b>MONDAY</b>				Bootcamp and Bonnie Banks Introduction, meet and greet, Military fitness assessment with Bleep test			Lunch, shower & downtime		Nutrition Lecture	Fitness based command tasks / team building		Stretching	Dinner	Hot tub and down time	
<b>TUESDAY</b>	Fasted Cardio Run	Shower	Breakfast	Fitness/ Gym Training Lecture	Strength and Conditioning		Lunch, shower & downtime		Hill Reps at Duncryne hill, by Gartocharn		Stretching	Dinner - BBQ (weather dependant)		Hot tub and down time	
<b>WEDNESDAY</b>		Fasted Cardio Run	Breakfast	Kayak across Loch Lomond to 'The Island' - Fitness based command tasks and survival skills			Lunch, shower & downtime		Military based Circuits in Balloch Park		Stretching	Dinner	Post Training Lecture and group discussion	Hot tub and downtime	
<b>THURSDAY</b>	Ascent of Ben Lomond - 974m most southerly Munros - Packed Lunch & Soup										Checkout of BB				