

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
SUNDAY	PARTICIPANTS CAN ARRIVE ANYTIME AFTER 1500hrs to BONNIE BANKS - A £50.00 FEE IS CHARGED														
MONDAY				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		
TUESDAY	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		
WEDNESDAY		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		
THURSDAY	Ascent of Ben Lomond - 974m most southerly Munros - Packed Lunch & Soup										Checkout of BB				