

Bookings now OPEN!

# Training Camps with Sam & Carrine



10TH-12TH APRIL 2026



QUEEN MARGARET'S SCHOOL FOR GIRLS, YORK



3 DAYS OF TRIATHLON TRAINING & EXPERT COACHING





# Your coaches!



Hi I'm **Carrine** I took up Triathlon in 2007, as a new hobby and instantly fell in love with the sport! I was training as a triathlete around full time shift work, I returned to successful racing and participation after having two children and continue to train around a busy job and family life. It is this experience that makes my knowledge and understanding so invaluable as a coach.

Above all else I aim to teach, guide and empower athletes whilst maintaining the fun and excitement of sport.

I am so passionate about helping others and have accumulated thousands of coaching hours working with, and learning from, a wide and diverse group of athletes, mentors and coaches.



Hi I'm Sam, an award winning triathlon coach who has worked with hundreds of athletes to help them achieve their dreams! I love to educate, inspire and empower people and I'm on a mission to help athletes and coaches live their best lives!

My journey as a triathlete took me all over the world, racing in sprint distances right up to Half Ironman distances and along the way I was crowned British and European Triathlon Champion at Age Group Level. I also went on to win further European medals and raced in the Elite British Super Series.

Over the decades I have worked with hundreds of athletes from beginners to pros and I am so invested in their journey - it is such a privilege to see their dreams become a reality!



# A typical timetable!

Each year we gain information on the athletes attending our camp so that we can plan, organise and tweak our camp to your ability and goals! So no two years are ever the same, but here is an example of a timetable from one of our previous camps.

We plan plenty of opportunity for great training across all three disciplines but also include important technique work - such as in our swim video analysis - so that you can receive on the spot feedback and make those important tweaks over the rest of the weekend.

We also plan plenty of time to socialise and build a great sense of camaraderie!

TIME	FRI	SAT	SUN
6:00am			
6:30 am			Long easy Run 6:30-7:30am
7:00 am			
7:30 am		60 minute coached swim 7:30-8:30am	
8:00 am			
8:30 am			
9:00 am		Breakfast (09:15am)	
9:30 am			Transition work & Skills (9:30-11)
10:00 am	Camp Welcome	Group cycle options (10:15am)	
10:30 am	Check in and Tour		
11:00 am	90 min coached swim (11:15-12:45)		
11:30 am			
12:00 pm			
12:30 pm		Lunch (12:00pm)	
1:00 pm	Lunch (1:00pm)		
1:30 pm			
2:00 pm		Lunch (2:00pm)	90 minute coached swim (1:30-3:00)
2:30 pm	2:15-3:15 Run session		
3:00 pm			
3:30 pm		OW Swim dip and sauna (3:30)	
4:00 pm	4-5pm Social Spin		
4:30 pm			
5:00 pm			Structured Run Set (5:15-6:15pm)
5:30 pm			
6:00 pm	Evening meal (6:00pm)	Evening meal (6:30pm)	
6:30 pm			
7:00 pm			
7:30 pm			
Evening			
Down Time	Continuous swim feedback during downtime	Continuous swim feedback during downtime	



# Location and facilities!

Our camps take place in the beautiful setting of Queen Margaret's School For Girls Escrick Park Estate, York YO19 6EU. Here we make use of the beautiful countryside roads for cycling, the trails and paths for running, the private drives for transition and brick work, the swimming pool for swim sessions and the lovely accommodation for down time and meals!

We also make use of Pool Bridge Farm for an early season dip and sauna which is always a highlight of the camp!

On Friday 10<sup>th</sup> April 2026, you can arrive as early as 10:00am on the Friday morning to get settled in. We will give you a full venue tour, but don't worry if you arrive a bit late - we can do this again!





# Further venue info

All food and catering is included in the cost but there are some communal kitchen areas so if you would like to bring additional snacks/tea/coffee etc. then we have the facilities to use that.  
We'll add it on to the kit list for you!

We will have our own dedicated kitchen so we will have access to kettles and toasters. There is a washing machine area (so feel free to pack your detergent if you want to wash on site!)

On Saturday evening we have the option of a cold-water dip followed by a sauna.

This will be a breath-taking and exhilarating experience but shouldn't be viewed as a swim training session; we will not be covering much distance, and we will not be in the water for too long.

We would recommend wetsuits for this and any other neoprene hats, gloves, boots etc as required.





# Kit List!

## Swim Kit

Costume/trunks  
Swim Hat  
Swim Goggles  
Any additional equipment  
(paddles, pull buoy, fins etc.)  
Crocs/flip flops  
Towel  
Wetsuit & neoprene extras!

## Bike Kit

Bike  
Helmet  
Clothes (shorts, tops, gilet, arm warmers, leg warmers etc.)  
Bike Socks  
Sunglasses  
Puncture Repair Kit

## Run Kit

Trainers  
Socks  
Run shorts  
Run vests/tops  
Cap  
Sun-cream

## Other

Drinks bottles  
Energy Drinks  
Underwear  
Sleepwear  
Any medication  
Phone & Charger  
Purse/wallet  
Towels  
Chill clothes  
Garmin  
Shower gel, wash bag, shampoo, deodorant etc.  
Any additional snacks/drinks for outside of meal-times





# Sign up now!



Cost inclusive of absolutely everything for the 3 day camp is £520.

A £125 deposit secures your space  
(spaces are limited!)

✉ Emails us **NOW** to get in touch:  
[coachingwithsam@mail.co.uk](mailto:coachingwithsam@mail.co.uk)

