



BLUETIDE
NEXT LEVEL SWIMMING

Bluetide Swimming Camp 2027 – Schedule

Day	Session	Time	Type	Focus
Friday	Morning		Arrival	
	Afternoon	18:00-20:00	Pool	Recovery + kick set
Saturday	Morning	09:00-11:00	Pool	Aerobic - short rest
	Afternoon	15:00-17:00	Pool	Aerobic interval training
Sunday	Morning	09:00-11:00	Pool	Base + Drills
	Afternoon		Open Water	workshop + light OW swim
Monday	Morning	09:00-11:00	Pool	Pull / strength set
	Afternoon			
Tuesday	Morning	09:00-11:00	Pool	Distance specific set
	Afternoon	18:00-20:00	Pool	Base + Speed
Wednesday	Morning	07:00-09:00	Pool	Base + Drills
	Afternoon		Open Water	Aerobic long OW swim + Q&A
Thursday	Morning	09:00-11:00	Pool	Recovery
	Afternoon			
Friday	Morning	09:00-11:00	Pool	Aerobic - short rest
	Afternoon	16:00-18:00	Pool	Base + kick set
Saturday	Morning	07:00-09:00	Pool	Pull / strength set
	Afternoon	18:00-20:00	Pool	Aerobic interval training
Sunday	Morning	09:00-10:30	Open Water	light OW swim
	Afternoon		Departure	