

Travel Advice for Shetland & Orkney to Scotland National Camps

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high performance expertise

Outward Friday – Saturday
Return Monday – Tuesday

Friday Overnight Ferry

Sleep: Extend Thurs sleep to 9-11 hours if you can

Training: keep Friday an easy/rest day
Remove/reschedule any morning sessions

Packing checklist: include sleep aids (eye mask, earplugs, pillow), meal/snack prep, drinks bottle, phone charger

Evening meal: carbohydrate, protein, veg & a drink, e.g., spag bol, chicken and veg stir fry, fajitas

On the ferry: 7-9 hours sleep (8-10 hours for teenagers) if possible, move regularly, wear medical-grade compression tights while awake, drink little and often while awake

Saturday Morning Transition

Goal: wake up, move and mobilise, fuel and hydrate

Breakfast: Meal that contains carbs and protein, e.g., porridge made with milk, yoghurt + granola + fruit, eggs on toast, bagel with peanut butter and banana

Saturday Rail Journey

Goal: active recovery, maintain fuel stores

On the train: avoid prolonged sitting - move and stretch; consume carbohydrate-based snack, e.g., banana/cereal bar, Nak'd bar, mini malt loaf; hydrate with water or squash; listen to relaxing music or podcasts

Saturday Morning Arrival

Goal: arrive fuelled and ready to train

Between sessions: carbohydrate-based meal, e.g., roll/wrap/bagel with filling, porridge pot, pasta salad, couscous with chicken/veg; hydrate with water or squash; go for a walk outside

Within 30 minutes of afternoon session: have a snack containing carbohydrate and protein, e.g., milkshake

Saturday Evening Rest & Recovery

Goal: refuel and maximise sleep for performance

Evening meal: carbohydrate, protein, veg & a drink, e.g., spag bol, chicken and veg stir fry, fajitas

Sleep: aim for 7-9 hours of sleep (8-10 hours for teenagers), begin a 30–60 min period of quiet relaxation before bedtime, stop using electronic devices one hour before bed

Avoid any active recovery such as ice baths or compression systems, especially if they cause you to go to bed later

Sunday

Goal: fuel and hydrate for training, recover well

Meals and snacks: eat well as per Saturday advice

Active recovery: cooldown after last session - walk and light stretching for relaxation
Only use ice baths if trialling for competition, as it can interfere with fitness adaptations

Sleep is your superpower: prioritise sleep duration and quality on Sunday night over any other distractions

Monday Train and Overnight Ferry

Goal: return home, rest, recover, refuel

Recovery: fuel on the train and ferry as for the outward journey
Avoid sitting for prolonged periods: move/stretch, use a TheraBand/roller

Training: once home, keep Tuesday as a rest or easy day, consider easy pool or bike session. Prioritise resting, e.g., 30-min nap before 3pm, and spending time with friends and family.