

## Report of Lagganlia training camp from Lyra Medlock

"Lagganlia was amazing! Quite possibly the best week of my life. I travelled up with Ben Perry from DEVON so it was good fun on the journey up and down. We were left on our own once we reached Glasgow on the Saturday and boarded the train for Aviemore. It was a stressful first night as some of the other athletes who were travelling by train had theirs cancelled, meaning they didn't arrive until later that night. Once we had all arrived and were fed, we played some ice breaker games for a hour or so which was great fun as we all made up silly names for ourselves. Throughout the week we went to many quality areas, including Culbin (with all the spiders), Moor of Alive and the Tour Champs at North Granish. It was a great atmosphere with all the friendly competitions that took place during the week, highlighting the races to the minibuses each morning! Once we returned from the forests each day we were given half an hour to an hour to have a shower and eat some of each other's cake we had to bring as part of the kit list. It was followed by a 1 hour coaching session in small groups to help debrief and reflect on the day. In the middle of the week we had a rest day. We raced in "world championship like races" in the morning with the runners choice which was great fun and in the afternoon we were let loose around Aviemore for an hour! Throughout the week we were shadowed by the junior and adult coaches and took part in all sorts of relays at the end of the day. I think it is fair to say we were all exhausted by the end of the week. I made loads of new friends and cant wait to see them all at the big events in the next year or so! Really happy the week went ahead and thank you for all the support to help get me there."