

COACHING DAY

Swimming, Cycling & Running = Triathlon



Venue, Lake 62, Ashton Keynes, Wiltshire, SN6 6QX,
Please refer to the car park directions for where to park.
Bring all kit to the training session.
Please arrive 30 minutes prior to the training session.

Why should i take part in a coaching session?

If you are asking yourself questions about taking part in an event but not quite sure how, our structured coaching day will help you out. You can take part in one, two or three of the sessions available, and learn from an international champion.

If you are an experienced athlete, coaching will provide you with the necessary tips and pointers required to excel and enhance your ability to go further, faster and longer.

If you are unsure, why not give it a go? The confidence boost will help you develop into a more finely tuned athlete.

You will need to sign in when you arrive on the day.

There's still time to get your friends signed up. Registrations for this coaching & development day close on Thursday before.

There will be no option to sign up on the day.

Swimming Session:

You will need;
Swimsuit & Towel (+spare towel)
Wetsuit
Goggles
Swim Hat

**South West Triathlon Series Session - 1 hour,
11:00am (age 8-16 only)**

This junior session will replicate the below.

**Swimming Coaching Session - 1 hour, 10:00am
(age 16+)**

This session will get you prepared for the open water swim and how to keep yourself relaxed.

Points that will be covered;

- Putting on a wetsuit
- Water familiarisation
- In water confidence
- Body positioning
- Breathing
- Race starts
- Swimming turns
- Swim sighting
- Exiting the open water
- Wetsuit removal

**Cycling Coaching Session - 1 hour, 11:30pm
(age 16+)**

This session will give you an insight into road safety within different training sessions and how to get the best from your bike.

Points that will be covered;

- Bike set up, including what you should have in a race
- Steady spinning in a group
- Road skills, signalling, cornering, gearing and braking
- Different riding groups, depending on ability
- Aerobar riding
- Mount & dismount practice

Running Coaching Session - 1 hour, 13:00pm (age 16+)

This session will give you an insight into better developed running sessions.

Points that will be covered;

- Run biomechanics
- Warming up & running drills
- Short interval running
- Strength, conditioning & stability
- Training principle for running



Cycling Session:

- You will need;
- Bike in roadworthy condition**
 - Cycle helmet**
 - Cycling shoes / suitable footwear**
 - Sunglasses**
 - Appropriate cycle wear for weather**
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**Wetsuits can be hired,
please email
info@lpsevents.co.uk
to ensure we have one
for you.**

Running Session;

- You will need;
- Running shoes**
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