

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 of our sessions available, and learn from our coaches.

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.

Wetsuits can be hired, please email info@lpsevents.co.uk to ensure we have one for you.

South West Triathlon Series Session - 1 hour, 10:00am (age 8-16 only)

This junior session is only held on 13th May.

Swimming Coaching Session - 1 hour, 11:00am (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

For this session:

You will need;

Swimsuit & Towel (+spare towel)
Wetsuit
Goggles

Transition Preparation, How To & Bike Skills and Running Delivery Coaching Session - 3 hour, 12:30pm (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.

- Bike set up, including what you should have in a race
- Transition set up for T1
- How to speed up T1 times
- How to make the most out of your transition space
- Transition set up for T2
- How to speed up T2 times, including flying dismount techniques
- Making a smooth transition during the race
- Mount & dismount practice

For this session:

You will need;

Bike in roadworthy condition
Cycle helmet
Cycling shoes / suitable footwear
Running trainers

Video analysis of all participants*

- Run biomechanics
- Warming up
- Running drills & techniques to encourage more efficiency
- How to run more efficiently to save energy and reduce injury
- Strength, conditioning & stability advice and guidance
- Training principles for running

Video re-analysis at the end of the session*

***All participants will receive a copy of the video footage and will also receive 20% discount off any 1:1 video packages.**