

Three fun packed sessions led by *Jon Horsman* BTF regional coach Level 3, ASA Club Coach. All sessions are aimed at novice/intermediate ability athletes and will allow you to go at your own pace. Held at Ernest Bevin Sports Centre, SW17.

## Swim and Bike Technique

With **2 hours exclusive pool time**, focus on your swim style and technique using our underwater camera and poolside playback, receiving loads of **individual feedback** from **two ASA club coaches** and one assistant **demonstrating**. You'll have plenty of time to learn **corrective drills** to perfect your stroke and become **more efficient** in the water. **We want you to leave understanding your biggest 'faults' and how to put them right!**

**Bike:** Divided into **2 rotational groups** and led by **one Level 3 British Triathlon Coach and one Level 2 British Cycling Coach**. Session will include:

**Outside** – Individual cornering at speed, riding position, one and no handed riding

**Inside** – Turbo session whilst receiving individual feedback on pedalling technique and efficiency

**Details:** **Sunday 1 Nov 2009, 12:00 to 4:15pm, £42 per person (max 14 people)**

## Bike and Run Technique

### Bike

**Focus on group riding, including:**

- Signalling and communication
- Feeding whilst riding
- Cornering as a group
- Through and off principles
- Etiquette of group riding

**1 Level 3 BTF Coach, 1 Level 2 BC Coach**

### Run

**Focus on running form, including:**

- Running style and economy
- Individual video analysis and feedback
- Drills to improve performance
- Ability group run over Common
- Specific training ideas

**Two Level 3 BTF Coaches**

**Details:** **Saturday 14 Nov 2009, 11:30 to 3:30pm, £42 per person (max 14 people)**

## Swim Technique and Conditioning

With **2 hours exclusive pool time**, focus on your swim style and technique using our underwater camera and poolside playback, receiving loads of **individual feedback** from **two ASA club coaches** and one assistant **demonstrating**. You'll have plenty of time to learn **corrective drills** to perfect your stroke and become **more efficient** in the water. **We want you to leave understanding your biggest 'faults' and how to put them right!**

**Conditioning** – an often overlooked component for endurance training?

Practice strength conditioning and core exercises specific to the disciplines of triathlon. Take away ideas to compile your own home program. Build up muscle strength and endurance during the 'off season' to perform for longer without fatigue, staying injury free.

**Details:** **Sunday 22 Nov 2009, 1:00 to 5:00pm, £48 per person (max 12 people)**

For further details or to book email [tri.days66@googlemail.com](mailto:tri.days66@googlemail.com), or call Jon on 07916122898