

All sessions are led by *Jon Horsman* BTF regional coach Level 3 & ASA Club Coach. These sessions are aimed at novice/intermediate ability athletes and allow you to go at your own pace. Held at Alleyn's School in Dulwich, SE22.

## 3 Progressive Swim Technique Sessions

Three progressive one and a half hour swim sessions, with **exclusive** pool time including **video analysis**. We will focus on specific elements of your stroke in each of the sessions. With loads of **individual feedback** from **two ASA club coaches** and one swim teacher (ex. County swimmer) **demonstrating**. You'll have plenty of time to learn **corrective drills** to perfect your stroke and become **more efficient** in the water.

**Session 1** – Breathing, arm recovery, body position & rotation

**Session 2** – Catch & underwater pull phase, hand entry & exit

**Session 3** – Re-cap skills & drills and develop your full stroke potential

We aim to **show** you your biggest 'faults' and **show** you how to put them right!

**Details: Sunday 10, 17 & 31 January 2010, 1:00pm to 2:30pm**  
**£96 per person for all 3 sessions (max 10 people)**

## *Swim and Run Technique*

With **2 hours exclusive pool time**, focus on your swim style and technique using video analysis and poolside playback, receiving plenty of **individual feedback** from **two ASA club coaches** and one swim teacher (ex. County swimmer) **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!**

Understand your running style with the aid of **video analysis**, whilst receiving **individual feedback**. We will cover **drills** to improve performance and focus on your running **style and economy**. *Ever been passed going up or down hill in a race?* Leaving the gym we'll head out on a short run to the foot of Dulwich Woods to work on your hill run technique.

*Details: Sunday 7<sup>th</sup> Feb 2010, 12:00 to 4:30pm, £50 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