

# "Preparing for the BIG day"

**A one day event to help you become mentally and actively prepared for your races this season!**

## **Outline of the day:**

- **Intro and session brief**
- **Kit layout and BTF Race Rules**
- **Transition Training...be a 'time thief!'**
- **90 min exclusive pool time with open water & pool based triathlon skills**
- **Sports psychology – 1 hour talk by **Dr Victor Thompson**, specifically on "management of race day nerves" and "enjoying the experience"**
- **Turbo/Run brick session - aiming to run fast off the bike**
- **Debrief, Q & A**

**Dates: Sunday 18 April or Sunday 25 April 2010**

**Time: 11:00am to 5:00pm**

**Cost: £65 per person (max 12 people)**

**Location : Alleyn's School, Dulwich, SE22**

**Coached by Jon Horsman BTF regional coach Level 3 & ASA Club Coach, aimed at novice/intermediate ability athletes.**

**For further details or to book email [tri.days66@googlemail.com](mailto:tri.days66@googlemail.com) or call Jon on 07916 122898**