

Hever Castle Triathlon Adult Training Day – at the time of publication this information is subject to confirmation.

Thetrilife.com as coaching partner to Castle Triathlon Series is delighted to be hosting a training day at Hever Castle on September 7th 2014. This training day is designed specifically for first time and novice triathletes. Our goal, as your coaches, is to develop your skills, build your confidence, answer your questions (you can ask us anything!) and prepare you for your first event – and if this is not your first time we will provide you with tips and advice to help you achieve more in your next event!

About your coaches

thetrilife.com is a leading coaching company in the UK, delivering swim, bike and run coaching via online training programs, training day camps, overseas camps and one-to-one sessions. The highly qualified coaching team that includes Richard Jones, Bill Black, Dan Salcedo and Andrea Whitcombe provides coaching for athletes of all levels of fitness and ability from first time triathletes through to seasoned professionals and elite performers.

Course Content

Starting an open water triathlon with confidence is key for every competitor, and our aim is to provide you with all the advice and support to help you achieve this. During the day we will cover the following topics:

Open Water Swimming

- course sighting
- turning
- group starts
- removing wetsuit
- practice T1 transition

There will be special provision for nervous and first-time open-water swimmers.

Bike skills session

- drinking on the bike
- cornering
- efficient pedalling
- aerodynamic position on your bike

Run skills session

- how to warm up properly
- efficient run technique
- drills to improve your run technique

- post exercise stretching

Transition

- kit layout
- preparing your bike
- options to save time
- applicable rules

Timetable

Time	Group A	Group B	Group C	Group D
7.30 am – 8.00 am	Registration opens: Athletes to register in Pavilion Restaurant.			
8.00 am	Introduction to thetrilife.com, coaches and layout of day.			
8.30 am	Swimming: Open Water Skills	Run: Skills	Bike : Skills	Transition: Skills
9.40 am	Run: Skills	Bike : Skills	Transition: Skills	Swimming: Open Water Skills
10.50 am	Tea/Coffee Break in Pavilion Restaurant			
11.10 am	Bike : Skills	Transition: Skills	Swimming: Open Water Skills	Run: Skills
12.20 pm	Transition: Skills	Swimming: Open Water Skills	Run: Skills	Bike : Skills
1.30 pm	Final comments and close			

What you will need to bring

Open Water Swimming

- swim wear
- a wetsuit is recommended
- goggles
- brightly coloured Latex cap - we will supply these
- a towel

- additional warm clothing for after the session

Bike session

- your bike which may be road bike, hybrid or mountain bike – you should have a bottle cage on your bike
- cycling helmet is a must
- drinks bottle with water or sports drink
- cycling shoes or whatever you will be using in your race
- your tri suit or tri top and shorts or whatever you will be using on race day (please bring additional clothing suitable for the weather conditions i.e., if the forecast is for rain please bring a rain jacket)

Run session

- run training shorts and top (plus layers suitable for the weather conditions)
- running shoes and socks.

Transition

- your bike
- helmet
- cycling shoes
- clothing as for run session
- running shoes
- sunglasses – we hope!
- transition towel
- race belt if you are going to use one (not essential)

Other

- Drinks bottle and drinks/lunch/snacks for during the day
- Notepad and pen

Registration

Registration will be conducted in the Pavilion Restaurant which is on the left hand side as you walk down the path towards the lake from the Car Park.

Facilities

There will be toilets and changing facilities in the Pavilion Restaurant.

Swim Safety

Swim Safety will be conducted by Tonbridge Waterways. They will provide a powered boat and 2 x canoeists throughout. They will also undertake swim safety at the Hever Castle Triathlon.

Food and Water

Please bring with you any drinks and snacks that you may wish to have through the morning. Additional snacks may be purchased from the Pavilion Restaurant.

Valuables and Your Bike

Please do not bring valuables with you to your training day as there will not be facilities to keep them safe. If coming by car please leave your bike in or on your car (locked) on your arrival. If you are not arriving by car please do bring a lock for your bike with you.

Where to go

Directions to Hever Castle Triathlon Parking

Hever Castle is located 30 miles from Central London. 3 miles SE of Edenbridge, off the B2026, between Sevenoaks and East Grinstead. Exit M25 junctions 5 or 6. 30 minutes from Gatwick. 1 hour from Heathrow. 1.5 hours from Folkestone and Dover.

From the A264 approaching from either the east or west arrive at Colestock Cross and head north on the B2026 Hartfield Road signposted to Edenbridge. After 2 miles take the second right opposite the Queen's Arms and signposted to Markbeece. Follow the brown tourist signs from Markbeece.

From Junction 6 of the M25, head south on the A22 for ½ mile and take the 1st exit at the roundabout heading east on the A25 for 3 miles through the town of Oxted and village of Limsfield. After the second set of traffic lights get into the right hand lane and turn right on the B269 signposted to Edenbridge for three miles. On entering the village of Crockham Hill turn left opposite the Royal Oak pub still on the B269 signposted to Four Elms. After a further 3 miles go straight over at the cross roads in Four Elms and continue for a further two miles before entering the village of Bough Beech. Follow the brown tourist signs from Bough Beech.

From Junction 5 of the M25 head south along the A21 for 3 miles before taking the exit signposted to Hildenborough and Hever Castle (Brown Tourist Signs). At the roundabout take the second slip road signposted to Hildenborough along the B245 London Road. After 1 mile turn right towards the village of Leigh (also tourist signs to Hever Castle) and after a further mile pass Hildenborough station on your left hand side. At the next T-junction turn right and stay on this road the B2027 for the next 5 miles. This will take you through the villages of Leigh and Chiddingstone Causeway. After passing under a railway bridge you will drive up a small hill into the village of Bough Beech. Follow the brown tourist signs from Bough Beech.

On arrival at Hever Castle main entrance make towards the brown wooden gates off to the right hand side adjacent to the church and then follow the route attached below.

