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Leeds Castle Triathlon Preparation Session

thetrilife.com as coaching partner to Leeds Castle Triathlon is delighted to be hosting a training day at Leeds Castle on June 8th 2019.   This session 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. Your coaches on the day will include Directors of thetrilife.com Duncan and Liz Scott and a team of senior thetrilife.com coaches.

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 session we will cover the following topics:

Open water swimming

- acclimatising yourself in open water
- course sighting
- turning
- group starts and swimming in close proximity to other swimmers
- removing your wetsuit

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

Transition

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

Race Day Walk Through

- Get all your questions answered from "what time do I need to be at the venue" to "where is the finish line" and everything in between.

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Your agenda for the day

Time	
9.00 am	Registration
	Swimming: Open Water Skills Transition: Skills Race day walk through
12.00 pm	Final Q and A session

What you will need to bring

Open Water Swimming

- swim wear
- a wetsuit
- goggles
- brightly coloured Latex cap - we will supply these
- a towel
- additional warm clothing for after the session

Transition 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
- running shoes and socks
- 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) – or you can wear run training shorts and top (plus layers suitable for the weather conditions)
- sunglasses – we hope!
- race belt – if you have one
- transition towel

Other

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

Registration

Precise details on where to park and where we will be meeting and holding registration will be sent out the week before the event

Food and Water

Please bring with you any drinks and snacks that you may wish to have through the morning.

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.

Where to go

Leeds Castle

Directions

Access via Private Entrance - Broomfield Road

Leeds Castle is situated 7 miles east of Maidstone. After leaving the M20 at Junction 8 (Lenham A20) follow the brown and white tourist signs. At the third roundabout Leeds Castle is sign-posted right via the B2163 - this turning should be ignored**. Proceed along the A20 towards Lenham for approximately 1 mile passing the Park Gate Inn and Leeds Castle golf course on your right. Take the next turning right sign-posted Broomfield (Broomfield Road). Approximately 100 yards along, turn right through the iron gates with a lodge house each side. A steward will direct you to the appropriate car park.**