

Leeds Castle Triathlon Adult Training Day

Thetrilife.com is delighted to be hosting a training day at Leeds Castle on June 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

Transition

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

Timetable

Your training day will run from 8 am to 1:30 pm.

Where to go and what to bring

Precise details on where to park and where we will be meeting and a kit list will be sent out the week before the event

Leeds Castle
Maidstone
Kent ME17 1PL

Leeds Castle is located just off Junction 8 of the M20, midway between London and the Channel Ports, with excellent links to the UK motorway network.