



Saturday Stanground

- Welcome 09:00
1. Improving cycling technique - Mark McVitty (tbc) British Cycling Coach 09:05
plus Wattbike testing - find your heart rate zones, fun sessions - 250m sprint/ peak power
leader board (on going during day - please book slot)
Basic Bike Maintenance
2. Views from a physio: TRI TO THINK DIFFERENTLY” Why do I hurt? What can I do to reduce my
risk of injury? What can I do best to self manage pain?” Helen Preston, Prestons Health. 11:00
3. Improve your swim technique - underwater swim filming - Stefan Lawrence SL Training 12:00
<http://www.tri-sl-training.com/cms/> (with feedback on Sunday)
4. Open Water skills session (pool based) Abi Schofield/ Tristan Matthews
- LUNCH (bring your own - flapjack and cake sale in aid of Autism UK)
5. Transition - hints and tips - Roz Giles (aka the fastest pactrac'er in transition.)
6. Children's Triathlon 14:00
or Club bike ride (Route of the Monster tri) - Sean Beard/ Tristan Matthews
7. Social event Picnic/ Rounders on Field - to join up with juniors, & opportunity to bring families

Sunday Oundle

1. Nutrition for training and racing - Tracey McCartney 09:00
2. Feedback from swim filming (bespoke feedback available) Stefan Lawrence 09:45
3. The Rules of triathlon - Sam Fielding BTF official
4. Doping and nutrition - Sue Burnet and Sue McLeod
5. Swim session - trying out some drills and putting feedback into practice 11:00
6. Zone 3 Wetsuits - try a suit - Neil Tandy Zone 3.
7. Run technique session - on the track Stefan Lawrence / Sean Beard 13:00
8. Ride the mini-series course - Novice specific - with advise on transition set up (Roz) 15:00

