**Derbyshire Triathlon Academy / Programme 30th September**

Arrive – HPU (DE22 1GB) at 10 am.

The HPU (High Performance Centre) is on the left as you enter the university grounds. There are car parks within walking distance – pay meter. Bikes to be left outside the HPU building will need a lock.

10.00 – 10.30 registration at HPU.

10.30 – 11.15 - Introduction to the Derbyshire Triathlon Academy. We would like parents to stay for this part of the day and then go until pick up at 3.30pm

11.20 – 11.30– break / get ready for next session.

11.30 – 12.45 – S & C and run session

13.00 – 13.30 – lunch

13.30 – 13.40 – get ready for bike session

13.45 – 14.45 – bike session

15.00 – 15.30 – debrief and feedback.

15.30 – depart

* Athletes must come prepared for the day with a road worthy bike.
* Athletes need to have enough food and drink for the day
* The cost for the day is £20 per athlete
* A bike lock will be required
* Suitable clothing for the day

We look forward to seeing you on the 30th September

Steve Greene and Hilary Johnson ( High Performance BTF Level 3 coaches)