

Report on the London Junior Training Group Session

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Session Date: Monday May 27th 2013
Venue: Shepperton Lake

Again, what an exciting session with the LRTS based at Shepperton Lake (3pm-7pm).

Today, the weather was in our favour, unlike so many of our other sessions. We had a great turnout of juniors, coaches and parent helpers.

First was the bike – we had a briefing from Jon before splitting into ability groups and heading off. Each group was supposed to complete a number of planned circuits. The 'big boys' managed to complete about 46kms whilst the remaining did 37kms. Although there was slight confusion with the route (our group), we still had a great session on the bikes and probably our map reading skills have improved!!

Following a short break, we started to put our wetsuits on for the lake swim. We don't often get the opportunity to practise open water swimming and it is a key element of the upcoming Eton Dorney race. Therefore, a number of juniors, including ourselves, were feeling slightly nervous at the prospect of the chilly, dark lake awaiting us. However, once we had got going it was actually quite pleasant, although the water didn't taste too nice! Again we were split into ability groups supported by coaches and parent helpers. We even had coaches on kayaks giving us tips, instructions and even a lift if we were feeling a bit tired half way round!! We finally emerged from the lake and attempted to quickly remove our wetsuits – further practise is definitely needed.....

Another break followed and we then set off for an out and back run. Many of us were quite tired by now but we all persevered and returned to the base for a 7pm finish.

Many thanks to all our fabulous coaches that made this session happen – Jon, Sheila, Jim, Toby, Tom, Ron plus our magnificent parent helpers. It was a great session and great fun! Everyone really appreciates your support.

Ciara & James Lewis