

Report on the London Junior Training Group Session

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Session Date: Sunday June 23rd 2013
Venue: Shepperton Lake

Today we arrived at Shepperton lake. The group had been split into two halves: the first were meeting for their swim earlier than the latter. So, without wasting any time, we jumped into our wetsuits and began getting ourselves into the water (except of course Cameron, who being Cameron decided to run and dive at full pelt into the cold!) After quite a hard block of swimming (led by Linda, focusing on turns and drafting) we were straight out. We raced up onto the sand and out onto the grass where we had set up our turbos. We stripped off our wetsuits – as we were simulating what we would have to do two weeks later at Eton Dorney - and then put on our helmets.

After we had dried ourselves, put on our kit, had half a cup of hot chocolate and a banana we were finally ready to begin the second half of our training session. This contained a mixture of a bike set and a run set (or as their proper name is, brick sets). First off, was a steady warm up on the bikes to get our legs warmed up. Next was a hard 7 minute tempo ride before toping it off with a 1500m run around the lake. We repeated this three times.

Finally we had concluded our session, but all in all it was a great morning with lots of laughs, however my favourite part of the training set was definitely the massive dead fish on the run course!

I'd like to say thanks to all the coaches, especially Jon for giving us a great session as always. I was very impressed with him doing three swim sessions in the one morning,(although I did notice that a pair of flippers appearing for the last session with the quick guys!!).

By Kieran Desmond