

Report on the Triathlon London Junior Training Group Session

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Session Date: Sunday October 13th 2013
Venue: Minet Park, Hillingdon

When we arrived, we all went into the club house and Jon spoke to us about the planned session. He explained that he was going to split the session into three sections. In the first section we did some group riding and bike skills. The bike skills consisted of riding close together in a group and while you were riding close together, we had to take a drink. It was very hard to do because



you had to keep the same pace going as you were drinking in order to keep the group together. As I practiced I got a lot better and by the end of that section I felt really confident. In this first section, we also practiced changing gear. The circuit was a very good place to practice that, firstly because it is a safe environment and secondly because you have to change gears a lot there anyway as the circuit is so up and down.

In the second section we did some more group riding. We did some faster pace riding where we had to sprint from one group to catch the other and we definitely had to use are gears then.

We then practiced transition and that went really well. We did a lot of mounting and dismounting, sadly there was nowhere to rack your bike to practice transition and everyone's bikes were squashed together but it was very good practice because we could have been squashed together on the day of the race. With the guidance of Jon, I think the session really helped me to develop my riding and bike handling skills, and after the session I felt a lot more confident.