

# Report on the London Junior Squad Training Session

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Session Date: Sunday January 26<sup>th</sup> 2014  
Venue: Battersea Park

On Sunday the 26<sup>th</sup> of January 2014 I along with the rest of the London region squad set off for our monthly training, eager to see our old friends/ competitors from times before.

We all arrived at Battersea Park outside the millenium for an 8:30 meet and an 8:40 set off. As we set off in our three different groups we realized that it wasn't any normal session and that we were going to have to battle more than just the winding roads. The wind was blasting in our faces making our eyes water as we cycled round but just as we thought things couldn't get any worse the heavens opened and poured upon us. The groups had been split in terms of speed and skill on a bike.

The older groups did the hard training sprinting round at high speeds parents thought were incapable.

The brilliant bike ride ended after about 1 hour and 20 minutes. We all then met up yet again outside the millennium to rack up our bikes and have a break before going to do running or core/Pilates (which the adults and older people did). The run was hard as we focused on our lower body and different footwork skills (until we started the main set where I got shouted at about the upper body ☺). The main set consisted of getting in pairs or if not groups of 3. We had to take it in turns to do our laps and in total we would each do 5 laps or the older ones out of us would do 6.

The running ended after 1 hour and all the boys and girls moved up stairs to do core (the parents from the Pilates moved downstairs).

The core session was hard. We set out a number of mats to create a circuit of varied muscle stretches. Some of these helped our balance some our legs some our arms and some our core. There were numerous activities but my definite favourite was having to balance on one foot while throwing and catching the ball. At the end we did a warm down by doing a few stretches. These stretches consisted of getting some of the boys and girls to demonstrate. I was asked to demonstrate the inner thigh stretch but I didn't know what to say, so Kieran helped me out.

After that we met downstairs with everyone and said our goodbyes and set off in our own separate ways and went home for lunch. Thanks to our coaches for a great session!