

Report on the Triathlon London Junior Training Group

Session

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Session Date: Sunday March 2nd 2014

Venue: Minet Park

Sunday morning the London Region training squad met up at Minet Park in Hayes. Relatively new to the group it was nice to see some familiar faces and start to feel part of the squad.

The weather for a change was not raining but extremely windy which really worked your legs (and arms whilst trying to hold onto the bike)

We started off with some warm up laps on the bike and then followed with some mini duathlons consisting of a short run on the off road tracks then a 2 lap bike followed by another run. We were given lots of helpful and useful advice on our run in and out of transition and our bike skills. The most useful tip that I will take away with me was to put my toes into my shoes (attached to the bike) before pedalling rather than resting them on top and putting my foot into the shoe once up to speed. It made getting them in much easier and quicker.

We were put into small groups of ability and were given an endurance set to do consisting of fast 15 laps of the track with our best friend the wind on the back straight!

Later we headed into the clubhouse for a well-earned break, to our surprise there was a great display of “energy food” with the best chocolate brownies I have ever tasted. After a hot chocolate and a rest we were back out on the track. We returned to our groups and did team pursuit, this is where you are set a number of laps and take it in turns to lead, on the last lap you drop a rider (not literally) .

Our first duathlon of the race season is the end of this month at this track so this session was great preparation.

I really enjoyed the training day and look forward to the next one, it is hard work but you get a lot out of it. Our coaches support and encouragement is really appreciated and of course not forgetting those lovely chocolate brownies!