

## **Report on the London Junior Squad Training Session**

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**Session Date:** Sunday 4th May

**Venue:** Trinity School

Early on Sunday morning, everyone turned up for another London Triathlon swim session, which took place at Trinity School in Croydon. I was really looking forward to being filmed again and to see if my technique had improved.

The coaches set us on a warm up to get us going, which included some helpful drills. Then we went on to do some sets and practiced swimming in a diamond formation, which should help us in open water. Quickly after that, the first couple of swimmers prepared and the filming got underway.

Once all the filming was finished, we each took it in turns to go and watch our clip and to analyse what we needed to improve. Whilst that was going on, Jon took the rest of the group over to the deep end to work on our tumble turning under the lane rope. We practiced how it would be done in a race, going one after the other. We all did that a couple times. Once everyone had watched their film clip, based on what we saw, we had a one to one session with one of the coaches, who gave us some different exercises to practice to improve our stroke or swimming technique.

We had a short break, a bite to eat and some time to put our wetsuits on, which proved harder for some than others and then we jumped back into the pool. We all lined up, getting ready for our mini aquathon. It quickly came to my turn and I was mostly worried about getting my wetsuit off (this can be tricky) and leaving the warm pool area to run in outside. As I expected it was freezing cold without my warm wetsuit on, but after a few minutes I had warmed up on the run. We did the mini aquathon again, but this time without our wetsuits on (much easier) and that was the end of the session.

I really enjoy the training, it was useful seeing ourselves on the film and I feel as if we are all improving.