

## Report on the London Junior Squad Training Session

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**Session Date:** Sunday 25<sup>th</sup> May 2014

**Venue:** Shepperton Lake, Shepperton

On Sunday the 25<sup>th</sup> May I arrived at Shepperton Lake bright and early at 8:30. It was nice and sunny so I was looking forward to a cooling swim in the lake. We were split into three groups. The first group was the older, more advanced swimmers and the second were the younger members of our squad. They went into the lake first to do their swimming session, with Jon accompanied by Dave Lewis in the canoe.



The third group was the rest of us, starting on land on the turbo trainers. Our session was taken by Phil and the aim was to help increase our stamina on the bike and practice smoothing the transition between cycling and running. We started off by doing five minutes constant cycling on the bikes, adding another gear after every minute. The final minute was putting our bikes into an easier gear to prepare

our legs for the run. When those five minutes were up we quickly got off our bikes and changed from our bike shoes into our trainers.

This was followed by a short run. However the run was slightly different to normal because, as we reached the first cone we had to increase our pace. We reached the turning place and increased our pace once again back to our transition area. Then we changed back into our bike shoes and ran to our bikes. We did the same thing three more times, while still maintaining the cadence and pace which we achieved on our first section.



After a short break for food and a hot drink for those who had just come out of the water, my group changed into our wetsuits while the other two groups set up their bike on the turbo trainers. We went down to the water's edge, all thinking about the temperature of the water (which was only about 18 degrees!). We all stepped into the water which was very cold, as we had anticipated. However once we got in and started swimming about it began to feel a bit warmer. This session was taken by Jon with Dave in the canoe again.

We practiced swimming around buoys efficiently and some longer distances with sighting. We also split into pairs to practice drafting at the hip. Our last task in the water was to, in pairs, swim to shore (trying to avoid other members of the public), and take our wetsuits off as quickly as possible.



I really enjoyed the session and it was a very worthwhile activity. I got lots out of it, as the coaches were very supportive and instructive. It was a very useful session, especially with many open water races coming up in the near future.