

## Report on the London Junior Squad training session

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Session date: Saturday 21<sup>st</sup> June 2014  
Venue: Shepperton Lake

Sunday morning was the London Regional training squad meet at Shepperton Lake. After unloading my turbo trainer and kit I recognised by colleagues. The weather was perfect as expected which was greatly welcomed after an injury filled winter.

We then delved into the surprisingly warm water, and began our warm up. The coaches, Jon (swimming) and David (in the canoe) instructed us to swim to the first orange buoy. Subsequently, the group was set off in intervals of about 5-10 seconds completing a triangle around David and one of the other coaches. The group finished after swimming twice around this triangle.

Next, the group was spilt up into two clusters the first of which I was part of. The first pack swam up to each of the orange buoys accumulating at each of the buoys as the cluster went around the lake. Then we continued a similar pattern however swimming around the white buoys. After assembling at the buoy nearest the shore, Jon directed us to do a mass start. This then finished the swim with transition out of our wetsuits near the group who were on the turbo's.

After having a quick shower by the lake and getting changed, the group jumped on the bikes and we started our turbo session. This consisted of eight sets of two minutes sprint, on the bikes, which was a simulation of the bike segment of the trinity triathlon. Each two sets of two minutes, the group finished by vaulting off the bikes and a slick transition into the trainers. Next it was a sprint to the first tree around the lake and back. This was completed four times.

I thoroughly enjoyed the session and I feel well prepared for the imminent trinity triathlon. Thanks to all the coaches who dedicated their time to train us, and I look forward to the upcoming sessions.