

Report on the London Junior Squad Training Session

Author: Ryan Mullen – Thames Turbo Triathlon Club

Session Date: Sunday 24th March 2015

Venue: Shepperton Lake

This was going to be my first open water swim of 2015 and I wasn't really looking forward to it, but I knew that it would be good practice for the new race run by Jetstream on June 14th. We were also practising our run off the bikes so we had a lot of kit to remember, even with packing the night before, we were still running a bit late!

So straight into the lake and that meant putting on the wetsuit and getting used to the cold, cold water. We treaded water and opened up the wetsuit to get acclimatised and also practised our breathing so that it wasn't so much of a shock when we put out faces in for the first time.



This is what I don't like but with a bit of encouragement from John H, Ted and Ed, I had a go and realised that it wasn't that bad, in fact I really enjoyed it! In groups of 4 we swam in formation, had a go at a mass start and then did a small loop. After this it was time for a break to warm up, ready for our turbo session.

This was a brick session: where we cycled on the turbo and then jumped off for a run, it always makes my legs wobbly and it takes a lot of having a go, you always feel as if you aren't running in a straight line.



But with Bruno telling us to cycle at our race pace for a set time and then jump off and run at a 7 out of 10 speed, we soon got the hang of it and after repeating the exercise a couple of times, I feel ready for Jetstream and Trinity.

Finally, Jim had organised a bit of a surprise for us: Annie Emmerson, a BBC commentator for triathlon, came to chat to us about all things tri. She answered questions and told us about her own competitions and it was really interesting to listen to her. We were then presented with our new hoodies, which look really good and it made me feel very proud to be part of such a great team.

