

## Report on the London Junior Squad Training Session

Author: Amy Beattie – South London Harriers  
Session Date: Saturday 6<sup>th</sup> June 2015  
Venue: Shepperton Lake

It was a breezy and sunny morning at Shepperton Lake on 6<sup>th</sup> June where the squad training session was being held. I was on holiday for the last training session at the lake, so this was my first open water training session with the squad, and it was also my first swim session with my new wetsuit.



After a bit of pinching and pulling I winched myself into my wetsuit and I went off into the lake with the rest of my group. The water felt freezing on my feet but luckily I stopped noticing after we started swimming. Our swim coach, John explained that a lot of open water swim courses are mapped out in the water using buoys. John wanted us to swim to the buoys in the lake to get us used to looking up when we are swimming and spotting where the buoys are to help us keep in the swim course when we are competing. I found this hard to get used to as it is different to how I normally swim.



We then did some deep water starts in the lake and we started swimming off in pairs and then in small groups, taking it in turns to start at the front of the group. I thought this was all of fun and a good experience of what it would be like starting in an open water triathlon.



After our time in the lake, John wanted us to practise our transitions when we get out of the lake and run whilst starting to taking off our wetsuits. This was very hard for me as my wetsuit seemed to be superglued on and just did not want to come off, thankfully one of my friends was there who gave me a hand peeling it off me. John told me that a good idea was to put baby oil on your legs and arms before you put the wetsuit on to help get it off (thanks John – I have put baby oil on my mum's shopping list!)

Once out of my wetsuit we had a quick dry off and then we on our turbo's with Bruno coaching. He got us doing some interval training on our bikes, by cycling race pace for 1 minute, then easy cycling, building the time that we were cycling hard to 2 minutes then eventually 3 minutes. It seemed a long three minutes! After some of the race pace cycling intervals we had to get off the bikes and do a short run, sprinting up to the cones and jogging back. On our last run we had to sprint there and back "using everything in the tank". The session was challenging and useful and I feel better prepared for the triathlons coming up.

Thank you to all the coaches for a really enjoyable session.