

Report on the London Junior Squad Training Session

Author: Spencer Bateman – Comet Triathlon Club

Date: Sunday 6th December 2015

Venue: Trinity School

I arrived at Trinity school, and it brought back lots of memories from racing there in the summer. It was great to see all the other LRTS members again. I was far more nervous about this session than other sessions as swimming is not my strong point.

After some quick "hellos", we went poolside and were split into groups. My group was led into a room for talk by James Beckinsale. He started his talk with some very bad jokes before going on to tell us about how British athletes are best in the Triathletes world. I was interested to hear about how some world class British Triathletes had started out in London clubs such as Thames Turbo. Then discussion turned to standards for entry to London Academy and I was surprised that my run pace was not far off these but was horrified at the expected swim times which I couldn't imagine being able to do (at the moment ☺).

I was not alone in feeling like this and James knew what we were thinking and explained how with some focus the runners could improve their swimming and the swimmers could improve their running to try and meet these standards.



Next we headed back to the pool for a bit of swimming. Myself, Oscar, Ryan, Gabi and others (sorry can't remember who) swam a moderate 30 minute session before for the video analysis. I found it hard to relax when being filmed as I was concentrating so hard on my technique.

Watching the video back I didn't like the way I looked when swimming but, when getting feedback from the coaches, I was pleased that they didn't say my

swimming was terrible. In fact they were encouraging and provided many tips on how and where I could improve my swimming technique.



My normal swimming sessions last only an hour and to be honest I was getting rather tired by the end of the session, which had us swimming for nearly 2 hours.

All in all it was another great session put on by the LRTS coaches, tiring but fun. I am grateful to have been invited to be part of this year's program and I am looking forward to racing harder and faster in 2016.