

# **Report on the London Junior Squad Training Session**

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Venue: Dulwich Woods

On Saturday 9 January I attended the first of the London Region Training Squad sessions of 2016. I broke my arm coming off my bike on the way home from school in November and had the plaster taken off a week or so earlier so hadn't cycled for weeks, so this was a really useful session for me. My mum got round the dreaded South Circular OK and we arrived at Dulwich Scout Hut on time, which was amazing as we are quite often late. It was nice to catch up with some of the others I see at events, and that some others from my Club, Greenwich Tritons, had joined the Squad.

As the woods were really muddy even for people who like cross country, we ran down the hill to Dulwich Park. I liked the Park, it was flat and the path was wide enough for us to run against each other in teams and we did some drills which were fun and good for team building. My mum came down to the Park too and made up the numbers and was surprisingly good at mirroring drill with my friend Tom. Then we ran up the hill back to the Scout Hut, it took longer than running down!

The next session for my group was conditioning and we used mats or towels.



We did a lot of core work which showed the impact of weeks over Christmas lying on the sofa playing computer games. It sounds easy to lie on the floor and stretch but some of it was challenging because we had to get in positions and use muscles that we wouldn't normally use, even though triathlon is a multi-sport.

The last hour was spent on the turbo trainers.



I was a bit late getting going because my tyres were flat and the bike had to be set up for the turbo trainer. My mum had disappeared off somewhere because she doesn't know anything about bikes – if anyone is running basic bike maintenance training (very basic) they should let her know.



At the finish, we all got involved picking stretches and explaining why we do them. We were all reminded that in future the bikes should be checked before we train! The best bit about the morning for me was the conditioning because it was funny as we ended up with our feet in each other's faces. The hardest was cycling at 110 rpm. Overall it was a lot of fun and really helps me know what I am doing when we do competitions, and to have a good idea of my strengths and what I need to work on.