Report on London Junior Squad Training Session

Author: Ben Bisson (Comet Triathlon Club)

Date: Monday 4th April 2016

Venue: Minet Park, Hillingdon

Monday the 4th of April was the regional training cycling session at Hillingdon. Hillingdon is my home circuit so I know it well. We went in the club house for the briefing first and to be told what group we were in. I got put in group 2.

Every cycling session starts with a warm up and are warm up was 30 mins of through and off. Then we did some skill exercises, I was happy to doing it with Ollie Emment. Then I got my chance to go in with the big boys I was allowed to ride about 6 laps with the fast boys and I kept up with them and did my turn. Then we had a lunch break before the afternoon exercises.

In the afternoon we did a mini duathlon. I was paired with Ollie and Chris. We all stayed together and did really well.

Hillingdon was fun and I enjoyed it a lot. ☺