

# **London Region Training Squad**

## **Run, Conditioning and Watt Bike Session Report**

**Crystal Palace**

**26<sup>th</sup> November**

**Spencer Bateman**

On a cold day 26th November the London Region Training Squad met together to train in the beautiful and historic grounds of Crystal Palace. It was a run and bike session with some conditioning/stretching as well. With three different groups it meant that each group would take each session in turn although for the run session we mixed the groups. We did our run session first followed with a few fun games; I liked the way the groups were not split for this session as it made me push myself to stay with the big fast boys.

To start the whole thing off we got into pairs and ran around a circuit set up by our wonderful coach, Jon, who started the training session off. In pairs we ran around this more times than I thought we would, but the more the merrier, then still in our pairs we ran up a straight then when the fast pair turned around we would too. After all of this we split into two groups, the aim of the game, was to get as many cones into the selected area as possible without getting caught. This was such a fun game and everyone was disappointed when we had to stop.

Back into our groups we headed to the Watt bike centre to do some conditioning and stretching and of course Watt biking. Actually it was the two older groups that did this, the younger group stayed in the Palace to do some bike skills.

Conditioning was first for my group whilst the lucky older group got to do there Watt bike session first. This session was all about stretching and relaxing (stretching not being my thing); I was not looking forward to it. Half way through I thought this wasn't as bad although it still hurt (I am not flexible at all – I am as stiff as a board) but not as much as I thought it would. Looking through the big glass window and I could see the other group looking dead tired, sweaty, and very red in the face which made me think *I can't wait to get on those bikes*. Outside on the other hand looked really cold and I actually felt sorry for the younger group.



After Conditioning it was Watt bike time, with my muscles all freed up I was ready to spin my legs. The spinning was really hard work especially when it came to sprints. I managed to do the whole hour session but I don't think I have sweated so much in my life especially under the harsh lighting.



The session finally finished which meant we had time to go downstairs and finish the rest of our lunch, after all the exercise I was starving - it was then I was asked to write this report 😊

Big thanks to the coaches that put this session together, it was really enjoyable.