

Castle Series Training Day Information

Who is this day for?

This training day is specifically designed for the novice triathlete. If you have entered your first triathlon then this is for you! Or maybe this is your second or third triathlon and you are looking for sound advice to improve your times – the day will help develop your skills further.

What can you expect?

- To learn new triathlon skills
- To gain confidence
- To have fun
- To meet new triathlon friends
- To get all your questions answered!

Who are your coaches?

thetrilife.com is a leading coaching company in the UK, delivering swim, bike and run coaching via online training programs, training day camps, overseas camps and one-to-one sessions. The highly qualified coaching team that includes Richard Jones, Bill Black and Andrea Whitcombe provides coaching for athletes of all levels of fitness and ability from first time triathletes through to seasoned professionals and elite performers. Our goal, as your coaches, is to develop your skills, build your confidence, answer your questions (you can ask us anything!) and prepare you for your first event!

What will you do?

Swimming (pool based)

- get advice on putting on your wetsuit (bring one if you have one)
- stroke fundamentals
- course sighting
- turning
- group starts
- removing wetsuit

Bike skills session

- drinking on the bike
- cornering
- efficient pedalling

- aerodynamic position on your bike

Run skills session

- how to warm up properly
- efficient run technique
- drills to improve your run technique
- running off the bike
- post exercise stretching

Transition

- kit layout
- preparing your bike
- options to save time
- applicable rules
- practice of T1 and T2

What do you need to bring?

Swimming

- swim wear
- wetsuit is optional – bring a wetsuit if you have one and would like to practice!
- goggles
- a towel
- additional warm clothing for after the session

Bike skills session

- your bike
- helmet
- drinks bottle with water
- cycling shoes or whatever you will be using in your race
- your tri suit or tri top and shorts or whatever you will be using on race day (please bring additional clothing suitable for the weather conditions i.e., if the forecast is for rain please bring a rain jacket)

Run skills session

- run training shorts and top (plus layers suitable for the weather conditions)
- running shoes and socks

Transition

- your bike
- helmet
- cycling shoes
- clothing as for run session
- running shoes
- sunglasses (to practice – you never know it may be sunny when you race!)
- transition towel
- race belt if you are going to use one (not essential)

Other

- Drinks bottle and drinks/snacks for during the day
- Notepad and pen

We are looking forward to seeing you on the day!