


FRIDAY

Time	Activity	Purpose	Who	Comments
Noon	Arrival and light Lunch	Meet, greet and a chance to review what you hope to get from the weekend and for me to get to know you and introduce myself.	Mary	A light lunch with tea, coffee & snacks available in the studio.
13:00 – 14:00	Running Technique – principles & practice	A 1hr session taking you through the “nuts and bolts” of running form based on “kinetic Revolution” principles.	Mary	Applicable to all levels and may be useful for coaches who come along to take ideas back to sessions. Studio based.
14:00 – 15:30	Functional Assessment	A functional assessment of key strengths and weakness in your range of movement and flexibility that may impact you swim, bike, run ability/form; why it’s important and what you can do about it.	Mary & Julie	Interesting when done as a team activity as you learn from your respective differing strengths and weaknesses and it’s not necessarily correlated with running ability! Based on the studio.
15:30 – 16:30	Treadmill Assessment	A short 1:2:1 video assessment of everyone on the treadmill	Mary	These two sessions will run in parallel, with the group split into two so that you can watch and join in the analysis when it’s not your turn.
	Functional Prescription	A short 1:2:1 session with Julie to define any strengthening/flexibility exercises you need to do.	Julie	
16:30 – 17:00	Run Wrap up	Bring it all together here to relate good run form, to what we see in practice.	Mary & Julie	Done in a group using video replay. Hopefully get a good discussion going!!!
17:00 – 18:00	Body Management	Good body management for triathletes; stretching, foam rolling, myths, dos and don’ts!	Sheena	A mixed theory/practical session and a chance to ask what you want to know about body management.
18:00 – 19:00	Easy Group Run	An (optional) easy run to get outside, stretch your legs and see the Rutland countryside.	Mary (& Guest Triathlete)	Rutland Water Peninsula (5miles) with cut-backs to give 3 mile option. At slowest pace with run-back. Time to practice what you learnt today! 

SATURDAY

Time	Activity	Purpose	Who	Comments
09:00 – 10:00	Bike Technique – principles & practice	Based around the wattbike, this will be part theory, part practical on good cycling technique with a chance for everyone to have a try.	Mary	Applicable to all levels. I will orientate this to triathletes and talk about the different theories of “good form”; how your approach to long/short distance tri’s may differ and what you can do to maximise your run off the bike.
10:00 – 10:45	Bike Training (Turbo)	A coached group bike session on the turbos to wake you up with a bit of everything (technique single leg work, cadence, endurance etc.)	Mary	Turbos, mats and risers supplied. All you need is your bike as this is studio based or, if the weather is good, we’re out on the patio!
10:45 – 12:30	3min aerobic test	A chance for everyone to do a 3min aerobic test on a wattbike. This will give you training zones for HR & Power as well as overall fitness stats.	Mary	We will do this off the back of the turbo session and roll you through at 5 min intervals (2 bikes). Cooldown will be on the turbos.
12:00 – 13:00	LUNCH	Recovery after your test. Short topical Anti-doping quiz.	Mary	Lunch in studio and recovery after the mornings bike session. Informal quiz with a prize!
13:00 – 14:00	Swim Technique – principles & Practice	Based on the Swimsmooth approach but with inputs from the (several) hundred swimmers I’ve had for sessions, I’ll take you through elements of swim technique; common problems and issues.	Mary	A theory session using loads of video examples to give you lots of (hopefully new) ideas about how to approach your swimming and swim training.
14:00 – 16:15	Swim Assessment	A short 1:2:1 video assessment of everyone in the pool.	Mary	A min of 20mins each in the pool to give you one or two key ideas to go away and work on either alone or with your coach to improve your form. Done as a group activity so that everyone is a “coach” using the info from the earlier session.
16:15 – 16:45	Strength & Conditioning	30min of “essential” core conditioning & stability work.	Mary	This is the type of session I do with my coached athletes and challenges your core, stability & strength in tri specific ways.
16:45 – 18:15	Training Topics & wrap up	A session dedicated to “how to train”. What have you read? What is your experience?	Mary	Will cover principles of training and happy to answer any questions.