



TBCUK Novices Camp May 7th – 9th 2010

Welcome to the TBCUK novices camp at Sandy Balls.

Looking forward to greeting you on this weekend. We will be meeting in the Triathlon centre, opposite the Bistro in the centre of Sandy Balls at 18.30 on Friday. An Athlete questionnaire will be sent to you, please fill it out and bring with you on the weekend. Please let me know if you have any special needs or requirements that I should be aware about before the weekend.

Enjoy and Learn through practice:

The weekend will be a mixture of active sessions, seminar sessions and Q&A opportunities. We will be running through all the things you need to know for your races. Your coaches will guide you through each element step by step ensuring you are confident and ready to race. Please think through any questions that you might be considering beforehand, write them down and bring them along, so your coaches will be able to help you get the most from your weekend. Please e-mail Rob if you have any questions prior to the event.

rob.griffiths@trainingbible.co.uk

If you are staying at Sandy Balls, on arriving please head for the main reception building where you will be allocated your accommodation. Lodges will be available from 15:00. Free parking will be available near your lodge or in the main car park, its close and easily accessible. (Turn right at the mini-roundabout, immediately after entering Sandy Balls and follow the road around to the right.) Lodges are available until 11:00 on Monday 10th May.

Finding the venue: Multi-map link for Sandy Balls: <http://www.multimap.com/s/C4CreSBI>



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Things to think about and bring with you:

- Your Bike, (Can be hired from the on-site bike shop)
- Helmet (mandatory for riding out), bike shoes or trainers, spare tubes and tyre levers
- Running shoes,
- Swim suit, wetsuit, goggles
- 3 or 4 sets of fresh kit, plenty of layers (just in case its cold or wet! Although we are hopeful as its May!), towels and toiletries.
- A change of clothes for after some of our active sessions. (Sweats and track bottoms or alike)
- If you use a heart rate monitor or GPS device bring that along too.
- Money to purchase your lunches and any snacks you would like to eat, there is a shop, 2 eateries and a bike shop on site.
- A small range of wetsuits will be available to try out for the weekend. Please let me know in advance if you need to reserve one.
- We have booked a table for Saturday night in the Bistro for any of the group that would like to join the coaches (£9.95 for great 2 course dinner).



Novices Weekend Schedule May 2010

Friday:

- 15:00 Lodges Available
- 18:30 Meet and greet – Camp Overview
Q & A on Weekend
- 19:00 Welcome to Triathlon – What's it all about?

Saturday:

- 07:00 ***Open water swimming - Starting out**
- 08:00 Breakfast
- 09:00 How do I set my bike up for Triathlon?
- 10:00 **Bike – Handling skills, confidence building**
- 11.30 Quick shower and change – (snack and drink)
- 11.50 Planning your Training - What to do when
- 12.50 Lunch
- 14.00 **Running – Skills and drills**
- 14.45 How do I tackle transitions? – Demonstrations
- 15.20 **Transitions practice**
- 16.00 Understanding Nutrition for Triathletes
- 17.30 Finish
- 19:00 Dinner (2 course £9.95 not included in course fee)

Sunday :

- 07:00 ***Open water Swimming - Next steps**
- 08:00 Breakfast
- 09:00 Preparing for race day plus Q&A
- 10.00 **Bike to Run Brick Session**
- 11.30 Quick shower and change
- 12:00 Lunch
- 12:45 **How do I fix a Flat tire? - And other problems**
- 14:00 Break
- 14:20 Getting your head around races!
- 15:20 Coaches Q&A panel
- 16.30 Finish

Coaching Team:

- Rob Griffiths – TBCUK Head Coach
- Will Newbery – TBCUK Senior Coach
- Nick de Meyer – TBCUK Master Coach
- Tony Derbyshire - TBCUK Nutritional Coach
- Candice Lingam-Willgoss TBCUK Sports Psychologist

Text in orange denotes activity session

*Change to Pool if lake temperature is too low