



TBCUK Long Distance Camp March 19th – 21st 2010

Welcome to the TBCUK Long course camp at Sandy Balls.

Looking forward to seeing you on this weekend. We will be meeting in the Triathlon centre that is opposite the Bistro in the centre of Sandy Balls at 18.30 on Friday. An Athlete questionnaire will be sent to you, that we would like you to fill 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.

Things to think about and bring with you:

Bike, helmet (mandatory for riding out), bike shoes, spare tubes, running shoes, swim suit, 3/4 sets of kit, plenty of layers (just in case its really cold or wet!), towels and toiletries. A change of clothes for after our active sessions. If you use a heart rate monitor or GPS device bring that along too. Money to purchase your lunch and any snacks you would like to eat, there is a shop, 2 eateries and a bike shop on site. 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).

The weekend will be a mixture of active sessions, seminar sessions and Q&A opportunities. Think through any questions that you might be pondering beforehand and bring them along, so your coaches will be able to help you get the most from your weekend.

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.)

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



Weekend Schedule

Friday:

- 15:00 Lodges Available
- 18:30 Meet and greet – Camp Overview
Q & A on Weekend
- 19:00 Winning Mindset

Saturday:

- 07:00 **Meet on Poolside – Swim technique session**
- 08:00 Breakfast
- 09:00 Where are we in our Training cycle?
- 09:30 **Bike – Forestman loop (45 miles)**
- 12:00 Quick shower and change – (snack and drink)
- 12.15 Heart rate and Power data -pacing yourself
- 13:00 Lunch
- 14:00 **Functional Strength and conditioning work**
- 15:00 **Run - Hills session**
- 15.45 Quick Shower and change
- 16:00 Nutrition for Long Distance athletes
- 17.30 Finish
- 19:00 Dinner (2 course £9.95 not included in course fee)

Sunday :

- 07:00 **Swim technique session**
- 08:00 Breakfast
- 09:00 **Long Bike – Run Brick Session– Forestman
course 2 Loops bike - 1 loop run**
- 15.30 Coaches panel - Q&A session
- 16.30 Finish

Coaching Team:

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

Coaching Support: Ride and Run leaders

- Lawrence Down
- Mike McCarthy

Text in orange denotes activity session