

YouCanCoaching

Triathlon Training Camp – Kenilworth

17th-19th May 2023

SAMPLE PROGRAMME

Day 1: Wednesday 17th May

Morning: Swim Technique: 2hrs including video analysis, balance and streamlining

Afternoon: Run Technique: 90min including video analysis and introduction to running skills

Evening: Bike Ride: 60min using gears and riding skills

Day 2: Thursday 18th May

Morning: Swim technique: 2hrs including arm recovery and timing

Afternoon: Bike Ride: 90min riding hills and descending

Evening: Run Technique: 60min

Day 3: Fri 19th May

Morning: Swim technique: 2hrs including breathing skills

Afternoon: Open Water Swim