

Triathlon Training Day at Leweston School Sunday 15 June 2025

Below is the information on the training day on Sunday 15 June at Leweston School. All standards welcome from novice to experienced athletes, ages 8yrs upwards, to book a place email flaherty121@aol.com with athlete's name age and experience.

Programme for day on Sunday 15 June

Arrive at 09:00 and drive up to the main school. Please Park on the gravel area on the left of the drive near the church. Unload bikes and kit and make your way to the /Café area for registration with Darren.

Venue and arrival

Swimming pool area, Leweston School, Leweston Road, Near Sherborne, Dorset, DT9 6EN.

Activity 1: Warm up / Running drills and technique

09:15 athletes meet outside of the registration area for the first activity which will be running warm up, drills and technique strides on the grass.

Activity 2: Transition, Mount & dismount, cycling skills

10.00 – 12.00 We will move to the transition area bike racking next to the registration area. *(Please ensure you have your bike, helmet, a drink and any other clothing or equipment you need for a cycling session)*. The bike session will include transition training (moving from run to bike and bike to run) bring trainers you intend to run in if different to whatever shoes your cycling in.

Areas covered: Bike safety check, Transition set up, Mounting/Dismounting, Riding within a group.

Depending on time and athlete abilities we may do some mini duathlons and relays etc

Lunch

12.00-12.45 Lunch break / Change for mini triathlon swim/bike/run practice.

Activity 3: Mini triathlons (practice swim, bike & run) / Tri swimming skills

12.45 to 13.45 Mini Triathlons: practice the transition, cycling skills we have learnt during the morning for mini triathlons (swimming, cycling and running)

13.45 to 14.30 Swimming session: swimming close to others (drafting formations), turning around buoys and sighting then finishing with relays (if time)

14.45 Parents pick up

The cost for the training day will be £20 Leweston Pentathlon Academy club members, £25 non club members, the training is open to athletes from 8 years upwards, Darren White will be lead coach with 3 other Triathlon coaches.

Payment Details

BACS Payment Leweston Pentathlon Academy Sort Code: 40 46 23 Account No: 11656023 please add reference, Surname Tri TRG Day

1. If you sign up for training and do not attend you will still need to pay for session.
2. Please confirm what training you wish to do by Monday 9 June to avoid disappointment, as places will be limited.

Mick Flaherty