



Athlete letter

Hi all

Only two more familiarisation sessions before the race. Last weeks group went really well and we are chomping at the bit to do it all again this Wednesday..... So here is what you need to know.

When

Wednesday 1st November

Registration is between 6.10pm and 6.25pm. Session will start at 6.30pm and finish at approximately 7.30pm

Where

Coyle Park, Point Chevalier, meeting by the toilet block.

What to bring

Be **ready** to go in your **togs with sports kit over the top**. Preferably where what you plan to race in for example togs and tee or tri-suit or togs tee shorts.... Please bring goggles and a swim cap if you can.

Essentials- bike, bike helmet, trainers

The swim element will be towards the end of the session. If you have a wetsuit you can bring it but not essential.

Warm change of clothes, towels x 2, drink, snacks...

This session

We will be running through some key skills to make your race day as fun as possible. Starting with some biking games then moving onto some transition and run games and finally getting wet for some fun in the sea.

Forecast

The forecast is looking good!! A high of 19, fine, a light Northeaster.

See you there!!

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Familiarisation sessions for Rick Wells Event 2017

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Outcomes

1. Athletes enjoy and get more out of their race experience.
2. Athletes are able to complete the event safely and independently.
3. Athletes are familiar with the swim, bike and run courses.
4. Athletes understand the rules of the race.
5. Athletes have key skills in each discipline.

Session 3

Wednesday 1st^h November, 6.30 pm, High tide 5.53 pm

Notes- Set up bike area on opposite field to last week for a better surface. Volunteer to lead group down to beach (walking). Speed through swim drills. Keep bike course to no more than last week. Need a few more cones for new bike position.

Bike Run Swim

Warm up- Bike

Cycle box game, set up box area riders must ride around within box if you put foot down or hit someone else you go into box 2 and continue. Last 3 riders in box 1 are winners. Assess skills and ability of riders. Key skills- balance, slowing, turning awareness of others. 10 mins

Game 1-Bike

Fast stop-riders in teams of 3 they have to race to cone (10m) but stop before the second, then ride back to the line. Coaching cues-body weight back, both brakes, no skids. Key skills-emergency stop, controlled braking, balance, 180 turn. 10 mins

Game 2-Bike to run

Transition races- race 1 run to bike helmet. Race 2 run to bike helmet, out and mount. Race 3 run to bike helmet, out and mount, ride. Coaching cues- tidy transition, helmet ready, helmet first, no riding in transition. Key skills- transition rules, mounting bike, awareness. 10 mins

Set up transition ready and get into togs, walk down to beach, 10 mins

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Game 3-Swim

Swim entries/exit- Race 1 run around volunteer (15m) in out. Race 2 same but with a dive head under. Repeat. Coaching cues high leg, feet out of water. Key skills- water confidence. 10 mins

Game 4-Swim Bike

Familiarisation- Short swim, run to transition, trainers and bike stuff on, mount, bike. 10 mins

Warm down

Group run around run course if time and not too cold.

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