



East Coast Training Weekend

Information Sheet

Fri 22nd - Sun 24th July 2022

Welcome to our 2nd winter tri training weekend, come for a session, a day, or the weekend.

Whether it's to kick start your season, prepare for the duathlons, or just a change of scenery for your training and a fun weekend away.... there is something for everyone.

The weekend will include a series of coached sessions (see program below) focusing on:

- Technique Improvement
- Strength & Endurance

You choose the sessions you wish to participate in.

Weekend Program (sessions are subject to weather and venue availability and may need to change at short notice).

Friday 22nd July

6.30pm - Evening drinks and meal – Parkside Bar & Kitchen- St Helens

Saturday 23th July

7.30-8.30am

Sat morning open water swim - location to be confirmed on Friday afternoon for best location, no cost.

10.30 - 12noon

Swim session - Strength focused swim session. Transfer pool training to OWS race day.

Venue: White Sands /slightly heated outdoor pool- Bring old wetsuit if you have one!!

Cost: \$20pp

1.30 - 3.30pm

Bike session - How to go faster for longer! Aerodynamics, bike position, technique, gear selection, cadence and more.

Venue: Velodrome

Cost: \$20pp

Saturday Evening

6.30pm Drinks and dinner – venue to be advised

Sunday 24th July

9.00 – 10.15am

Yoga for Triathletes

Venue: tbc

Cost: \$15

11.00 – 1pm

Run Session - Technique review, strength & endurance training, training for injury prevention, running off the bike & mindset.

(Sun run session will include transition training - how to achieve the most efficient and smooth transition to set up a great bike & run leg)

Cost: \$20pp

1.00pm

Lunch if not rushing home 😊

Optional Extras:

- Massages available on Sunday 24th venue to be advised.
- Mountain biking on the St Helens Trails Sunday afternoon. Mountain bike hire available at discounted rates.
- Open water swim available for anyone interested on Saturday early morning

Note:

- Accommodation is not included – please arrange your own or let us know and we are happy to help organise shared accommodation.
- Meals not included - group meal suggestions will be provided once people have registered and if people are interested in sharing mealtimes.
- Session costs include coaching, first aid / safety personnel, venue hire and a few treats along the way. Session costs have been set per session to give people more flexibility over the weekend.
- Participants must pre-register for all the sessions they wish to attend.
- Participants must be members* of Triathlon Australia for insurance purposes, *introductory / training only or trial options are available, including if family/partners wish to join in. Contact didiwebb@outlook.com or 0419309207 for more information.

Lead Coach: Lisa Albinus - Triathlon Coach. 30 years of competing in distances from Sprint to Ironman and a former Australian Age Group Champion. 20 years coaching experience with additional accreditation in a range of related sports, studies in sports psychology and athlete well-being. Formerly, Adelaide Triathlon Club Coach (180 members).