



## **Brecon Triathlon Club Coaching Weekend**

### **With coach Chris Ray**

**Saturday & Sunday May 27<sup>th</sup> /28<sup>th</sup> 2017 (9am -5pm)**

**Based at Brecon Leisure Centre**

### **Chris Ray**

BIO - Chris' 17-year career with the Royal Marines began in 1984, at the age of 18. In 1986 Chris discovered a passion for triathlon. Over the next prodigious nine years he would win the Royal Marines/Royal Navy Championships nine times, become British Services Triathlon Champion and Captain the Royal Marines team to the National Triathlon Relay Champions.

In 1989 Chris set his sights on becoming Britain's No.1 Ironman Athlete and won the British Ironman Championships three times and medalled at European and World level. At the 1992 World Ironman Championships in Hawaii, Chris broke the British record time and his name entered into the Guinness Book of Records.

In 2006 at the sprightly age of forty, he decided to compete at a World Cup Ironman race and finished 8th out of 1400 competitors, was 1st Veteran, 1st British finisher and broke the British Veterans record.

Chris has coached the British long-course Team to their first European medal. He now coaches age-group triathletes, elite juniors, young racing drivers making their way into Formula 1 and is involved with the gold medal Olympic winning 4 man row team at Rio 2016.

### **Weekend Content**

#### **Aim**

The emphasis will be to accommodate long and short course triathletes during the weekend by providing them with performance related feedback, training knowledge and race skills. All abilities will be catered for and training sessions will rotate around Olympic distances as the emphasis will be to attain functional performance related feedback to the athlete.

#### **Objectives**

1. To provide the athlete's performance related feedback in relation to their own physical abilities.
2. Disseminate training ideologies in relation to triathlon programmes, FTP levels (functional threshold power), HR training zones, Vo2 capacity and degradation, correct rest/flexibility routines, nutrition, speed/endurance training (all disciplines).
3. Provide race/training skills.
4. Provide an insight to the physiological and psychological approach to racing and training.

## What You Need to Bring

Participants will require their personal bike and repair kits and turbo trainers (brick session).

To include power meters, cadence and speed sensors (if you have any).

Running and swim kit (to include swim buoys and other swim accessories).

Change of clothing and towels.

Please provide your own lunches, snacks, fluids.

If you do not have a turbo trainer then please try and borrow one.

It is important to bring the equipment that you use on a regular basis.

If you have a HRM then please bring it.

## Programme and Timings

<b>Day 1 Sat 27th May – Brecon Leisure Centre (BLC)</b>		
<b>Time</b>	<b>Itinerary</b>	<b>Comments/Location</b>
<b>09.00-09.30</b>	<b>Introduction</b>	<b>BLC</b>
<b>09.30-12.00</b>	<b>Turbo Training Brick Session</b>	<b>Athletics Track</b>
<b>12-12.45</b>	Lunch	BLC (provide your own)
<b>13.00-14.30</b>	<b>Seminar</b>	<b>BLC</b>
<b>14.30-16.00</b>	<b>Swim Session</b>	<b>Brecon Pool</b>
<b>16.00-17.00</b>	<b>Recap &amp; Q&amp;A?</b>	<b>BLC</b>
<b>Day 2 Sun 28th May – Brecon Leisure Centre (BLC)</b>		
<b>09.00-09.30</b>	<b>Introduction to day 2</b>	<b>BLC</b>
<b>09.30-11.00</b>	<b>Bike FTP Session</b>	<b>Athletics Track</b>
<b>11-11.30</b>	AM break	BLC
<b>11.30-13.00</b>	<b>Choice of 10-16k run</b>	<b>Cantref running route</b>
<b>13.00-14.00</b>	Shower/Change & lunch	BLC
<b>14.00-15.00</b>	<b>Weekend Recap &amp; Q&amp;A</b>	<b>BLC</b>
<b>15.00-15.30</b>	<b>Any individual discussions</b>	<b>BLC</b>
<b>15.30-16.00</b>	Departure	

## Brecon Leisure Centre

We have hired a room above the swimming pool for the weekend. This will provide your base and is where the introduction and seminars will be held. This room is lockable and can also serve as a bag store between training sessions. The pool has been hired for your exclusive use on Saturday afternoon too (14.30 – 16.00).

Brecon Leisure Centre has café facilities (not always open), vending machines, showers and toilets.

Please remember to bring your own food and snacks for the day.

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