



TRAINING UPDATE:

Autumn 2014

Set Training:

- **Tuesday:**
Swim with Kirsten
- **Thursday:**
Run training
- **Friday:**
Swim with Kylie
- **Sunday:**
Wheelers ride

Contacts:

Swim

Kirsten McVey

Bike

Catherine Etchell

Run

Mark Sims

Rob Cleaves

Adam Jones

Bike Fit / Physio

Scott Cornish

Use the [contact form](#) on our website & questions will be passed to the relevant member

Correspondence:

Brecon Tri
Parc Beddw
Libanus
Brecon
LD3 8NN

Kylie Mansfield is back!

Swim coaching is back at Brecon Pool!!

Our favourite coach Kylie Mansfield is here on Fridays 7.30-8.30pm. Sessions started on September 19th and continue for 14 weeks. The sessions involve technique, swim fitness and open water skills. It is tailored for triathletes and distance swimmers. All abilities are welcome though these are not really "beginners" classes!

If you are interested in future sessions then email the club via the website [contact](#) page.



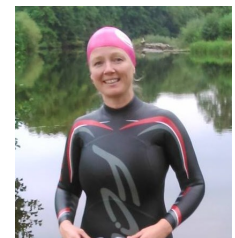
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New Tuesday Swim Set with Kirsten

To complement the Friday swim training, Kirsten McVey will be taking a session on Tuesdays 9-10pm to focus on endurance training skills. She will cover issues such as critical swim speed and stroke correction.

Bring along a tempo trainer if you have one. This will be an informal session as the Club doesn't hire the pool, but there are lanes and normally loads of space. Usual swim pool entrance fee will apply. No booking required. All welcome.



Run Training

Run training is on Thursday evenings. Based at Brecon Leisure Centre track starting at 6pm.

Triathlon Club members join Brecon Athletic Club for track sessions coached by Derek Osborne - free for Triathlon Club members.

Sessions start with a warm up and then approximately 45 mins of varied interval training, usually covering between 6-8km per session. Finishing at 7pm but it invariably drifts on until 7.30pm. Brecon Athletic Club are very informal, relaxed and friendly with Level 4 coaches setting the training sessions. Members need not be intimidated as the standards vary in age and abilities and you will always find people at similar levels.



Cycling

We ride with Brecon Wheelers on Sunday mornings starting at 8am from Brecon Leisure Centre. This will change when the clocks go back to 8.30am. Other rides are arranged on our [Facebook](#) page.

Club Kit

Our club kit order should be ready shortly. Members will be emailed when it arrives. We do have some spare tri shorts available. The kit is top quality and looks striking - great to wear and a great way of raising the profile of the club.

