

LINCSQUAD YOUTH ACADEMY

In association with the British Quadrathlon Association presents

'QuadKidz'

Saturday 16th June '18 Quadrathlon training camp Sunday 17th June '18 Quadrathlon Event.

Quadrathlon covers open water swimming, kayaking, cycling and trail running over age specific distances, it's Triathlon plus more! 'Quadkidz' is aimed at developing and encouraging young people from 9 to 18 into the sport and to enjoy outdoor activity.

Lincsquad are putting on a full days training workshop that offers a chance to learn and practice technique across all the elements before offering the opportunity to put it all together in the main age group events on Sunday.



The swim workshop covers: Wetsuit fitting, warm ups, safe water entry/exit, sighting and transition.

Wetsuits are compulsory for this activity.

Note: You must be able to swim freestyle for 50metres non stop.

Bike workshop will look at practicing transition, emergency puncture repairs, gear restrictions, helmet fitting, safety checks, and bike handling.

Cycling will be off-road. MTB/ Cyclocross bike req^d. Helmets are compulsory.



Kayaking will cover: safety, paddling, entry/exit, and transition.

We have Kayaks available to hire. See website for details

The run session will cover: gait, transition, and pacing, basic nutrition advice

The run is carried out off-road.



Our coaches are qualified through British Triathlon, British Cycling, and UK Athletics. This includes first aid, safe guarding, and full DBS checks.

Sunday 17th June 2018 will be 1 of 3 events qualifying for the BQA Youth National championships.



For more information and to register go to: <http://www.lincsquad.co.uk/events/>

And select - Quadrathlon Workshop and Quadkidz