

Training Camp Llyn Gwynant Wales 11th May 2019 to 19th May 2019.

The camp has landed 2 weeks prior to The BOMBER which for most is their first "A" race of 2019. Taking this into consideration the main aim is to improve speed through mechanical and technical efficiencies. You should have completed your endurance training! With this in mind there is a flexible itinerary to enable adaptations to match individual needs. Several of the attendees are qualified coaches and some have a wealth of practical experience which will be available if required. If you feel that this opportunity to train in a stress free environment with likeminded people for a day or the full week then please contact JEAN ASHLEY malpasashleys@btinternet.com

Due to the unpredictable weather patterns no specific day has been set for each discipline. This is an overview of the itinerary.

- A) In pairs 1 will kayak the lake length and back, then tags 2 who will swim the width and back, 1 will then swim on return tagging 2 who will kayak.
- B) Individual swim around/across lake then kayak around in opposite direction/across.
- C) Bike routes, short, medium, or long in groups or at set intervals.
 - The short route is out to Dobbers at Porthmadog for a cup of tea and cake then back to site, (small charge).
 - Medium is a loop south, west, the over Llanberis pass back to site.
 - Long is south, west, and north to Anglesey and back over Llanberis pass to site.
- D) Walk/jog/run up Snowdon taking wet suit, goggles, and towel for swim in tarn on the way back. This is a full day and some map skills are required.
- E) Runs: several routes including off road and a quiet pumping station access road. Distances vary from 2 miles upward.
- F) Beach based strength and conditioning sets. These will be in pairs with one swimming while the other performs burpees, press-ups, lunges, sit ups, rides rollers/turbo, and shuttle runs. They change over when exit swim.
- G) Transition training covering all possible combinations of discipline orders.
- H) Roller/turbo sessions from beginners to advanced.
- I) Option to do your own thing(s).
- J) Each evening, either while feeding or after, due to the lack of phone signal and the ban on music there will be informal discussions based on the following topics:
 1. Nutrition, "How far do club athletes need to go"?
 2. Running, "Who taught you to run, Is it natural"?
 3. Bike cadence, "Why bother"?
 4. Kayak leg, "why do most triathletes not want to do it"?
 5. Quadrathlon, "What is the future"?
 6. Which is best? Rollers, Watt bike, or Turbo trainer.
 7. Paddles, flat/race, sizes/weight, solid/split shaft, feathering?

If required there could be specific workshops such as:

1. Puncture repairs, with the different types of tubes, advantages of each.
2. Chain snapping what to carry and how to fix.
3. Training shoe and lace selection.
4. Wet suits, different types, lengths, weights, top/bottom zip.
5. Kayaks, stability v speed and optimum set ups.

Please book the site/accommodation individually and notify Jean if you require any of the workshops to be run and if you are prepared to take the lead on any of them. If you are not using the camp site for accommodation there may be a small charge for parking per day while visiting unless you know the free public car parks around the lake edge.