

Tri Logic Coaching Seminar

Saturday May 5th 2011

9:00am Pool School Cambourne



The second of the Tri Logic club-training seminars is designed to increase knowledge, confidence and results with in-season specific advice. It will be presented by multisports coach Joe Beer. The day itself will focus on theory of tapering, race-pacing and recovery.

For those who may not know Joe, he writes for 220 Triathlon, Peak Performance and has written a triathlon book "Need to Know Triathlon" (Harper Collins). Joe has been an active multisports athlete for over 20 years and is a brand ambassador for PowerBar, Scott Sports and Neovite. More info, factsheets and articles at CoachJoeBeer.com

Please read the what to bring column so you can be fully prepared to make the most of the day.

		What to bring with you
09:00h	Start & Introduction	
09:10 - 9:55	1. Taper or not to Taper? What is tapering, when its relevant and when to train through events. Is there a way to taper but not lose fitness?	Pen and paper, training diary.
10:00 -10:55	2. Race pacing How does your race pacing affect overall results? What training sessions can help race pacing ability?	Pen and paper
10:50 -11:00	Brief coffee break	
11:00 -11:55	3. Recovery and back to training What is the best way to recover from various types of events. How does training differ? Why a flexible week plan (and training partners) is vital.	Pen and paper, training diary.
12:00 - 12:45	4. Questions and review of the day	Pre-prepared questions
12:45 - 1300	Summary and Finish	