

Fitness Club Triathlon Packages

TRIATHLON TRAINING COURSE

Course Summary

Adult Phase One: Eight Weeks

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Kids Course: Ten Days

Phase One: Eight week course

Theory and practical sessions appropriate and tailored to novice and intermediate level triathletes

Week One

- 📖 A. Swim Theory - lecture (poolside)
- B. Swim Practical – individual analysis during long warm up plus technique and drills session, followed by time trials at the end

Week Two

- 📖 Bike Practical – Quick bike check, Bike Fit & Technical handling and training techniques:
Cornering, climbing, descending, braking, jumping, balance

Week Three

- 📖 Indoor Stationary Cycling class (intro to Heart Zones)
Bring your own or borrow a heart rate monitor from Rick. You will find your own predicted cycling max heart rate within the class and learn how to train in the different zones that are individual to you.
Feature: Biomechanics. Learn how to pedal correctly on Rick's Smart Cranks.

Week Four *(to fit in with Open Water Swimming at Heron Lake)*

- 📖 Group Open Water Swimming at Heron lake!
Elements of Rick's successful course will be taken depending on everyone's ability. To include wetsuit fit, in and out the water, sighting, starts, mass starts, drafting, breathing, wetsuit transition....and a lot more. Oh yes and we may even have a race!! The race will be handicapped based on the results of the Time Trial in the pool (wk 1)

Week Five

- 📖 Bike maintenance
A fun & light heart look at bike maintenance – the basics plus a competition to mend a puncture in the fastest time. (bring your old punctured inner tubes!)
Note: Tyre must stay up for the next ride to win!!

Special guest appearance

Week Six

- 📖 Run Practical – Technique, Drills and Heart Rate % session

W/up 10mins, inc drills
Pre-main set 5mins, inc strides
Main set 25mins, 3 sets to choose from
(3 levels according to ability)
W/down 10mins, inc stretch

Week Seven

📖 General Triathlon Theory & Spin Class – Year round triathlon programme planning including racing techniques and transition tips.

30min Spin Class – fartlek 60-85%

Special guest appearance

Week Eight

Swim – Vasa trainer / Stretch cord (3mins X2)

Bike – Spin 75-85% (10mins x 2)

Run – Treadmill / loop outside if pos.75-85% (5mins x 2)

The emphasis will be on a brick session – IE back to back trainin

PHASE TWO: Eight Week Course

Aimed at advancing the course members to include education and developing more progressive training techniques

Week One

📖 Mini Tri (pool/gym based triathlon in all three disciplines)

This will be aimed at those who wish to feel how S/B/R feels back to back)

Special guest appearance

Week Two

📖 Heart Rate Monitoring Master Class

(open to anyone else to fill up the bikes if applicable)

This will record hr of each individual, look back and analyse workout See if you were in the correct zones throughout the workout

Week Three

📖 Spin & Advanced stretching for athletes.

Warm up with a short intense spin class followed by: How to build an ideal stretch programme to suit you.

Elements of ashtanga yoga and other good forms of stretching and mobility techniques

Week Four

🏊 Advanced swimming for triathletes

Use techniques developed by Olympic swimming coaches to aid triathletes to 'feel' the water and 'relax' when racing and how to 'draft' in the pool. (everyone will need a pull buoy, paddles & fins or zoomers)

Also will include use of a 'Swim Tether' (as used by swimmers for developing strength and elevation)

Week Five

🏊 Heron Lake Aquathon (swim /run)

Everyone will swim a 250 or 750 loop in Heron Lake then do a transition to their running shoes and run 2 or 1.5 /3km

Week Six

🏊 Swim / Spin

Pool swim time trials and endurance set followed by a threshold 'Spin'

Everyone will be at or around their race pace and learn the difference of aerobic and anaerobic training

Week Seven

🏊 Spin / Run

A spin class designed for Lance Armstrong followed by a run outside if possible or on treadmills that will expand everyone's fat burning range.

Special guest appearance

Week Eight

🏊 Run / Swim (pool)

Fat burning run, followed by a race pace swim.

'ADD IN' at any day

🏊 How to finish a successful 'In House Triathlon' in your club – covering everything from training, periodisation to transitions

This culminates with an actual mini tri event S/B/R time trial

Special guest appearance

KIDS COURSE

2 x one week course
For Club Members Kids

Practical sessions appropriate and tailored to 'young wanna be triathletes'


Fun Fun and Education!!

This will be a gradual introduction to multisport training with the emphasis on teaching kids the rudiments of training in three different sports. On the back off this there will be all the other

facets incorporated to give the class something new and different each day building up to the ultimate '**DAY TEN**' which will be a swim bike run !

WEEK ONE

Day One

 SWIM 'Like a fish'

A quick assessment of ability then its into the session.

Game one: This will be a game where the kids decide what swim drill we do. The drills are very interactive but require a little concentration. Could be interesting!

Game Two: Handicapped Relay – based on assessment. Two or three teams will aim to get round the fun relay course based on the drills they have learnt. Each team will have the name of a fast fish!

The winners get a prize the losers get the runner up prize of a ...?!?


Day Two

 BIKE 'Ride like the pros'

This will probably be done in the Spin Studio

Cornering, climbing, descending, braking, jumping, balance – in fact everything we do outside can be done in the studio. The difference is we have even more fun!!!! Each rider will take on the role of the rider they pick out of the hat. That rider will be on a special picture card with a short profile. The profile will indicate if the rider is good at climbing, sprinting, time trials etc After riding once as that rider they will then get to haggle, barter and swap for the rider they really want to be. Of course everyone will want to be Lance!

Day Three

 RUN 'for your life'

(outside if possible)

This session will include a warm up (with a difference) The

Key will be to teach correct running style using running drills. Everyone will mark each others style and ability. All kids will get to do each technique, learning co-ordination and rhythm. At the same time they will learn to pace them selves, and how to build a session with the four key building blocks of a workout

Day Four

 INTRODUCTION TO KIDS HEART ZONES – 'meet zoner'

in an Indoor Stationary Cycling class

Each participant will wear a heart rate monitor. Then we will play heart rate games – calling out our numbers Rick will educate what they mean and how they will fit into each game they are about to play.

Game One – Ride with Zoner to the rhythm!

Game Two – Throw the dice game!

Game Three – The horse race!

“a bit of energy is all they will need for this one. “

Zoner is the heart zones character that helps to educate and train anyone with ‘real heart’

Day Five

Circuit Class

A fun way to learn how the CV equipment works and follow a heart rate profile for each machine using the knowledge and skills from the previous day. Each short workout will be five minutes before moving onto the next one. There will be up to five short challenges.

The ‘Zoner’ cards all have HZ points. What do points mean????

WEEK TWO

Day One

Bike ‘Ability’ (outside if possible)

A fun & light hearted look at how to ‘tune’ your bike for race performance. Then ride a short course to practise the techniques shown in the previous weeks ‘ride like a pro class’

Day Two

Bike / Run Practical – ‘Brick session’

The hardest element of triathlon is to run off the bike. This workout will prove the kids are much better than the adults!,

a few ‘brick sessions’ to keep them occupied.


We will build a wall with all the bricks!

Day Three

SWIM ‘Like a Shark’

This time like the last swim they will be doing drills but with swimming aids. The fish will grow ‘fins’ and become sharks in the water. Toys needed will be: Fins, Pull Buoys, Paddles, Floats, Drag T-shirts, Rick’s Tether and a few surprises!!

Day Four


 Transition Day (start in pool)

The kids will learn how important it is to make a fast transition

They will practise fast transitions (with a slight twist) this won't be your normal swim/bike/run transitions. They will require even more planning and preparation – and of course the fastest one wins!!

Day Five

'DAY TEN'

 Race Day (start in pool)

The kids will finally be able to put all their skills to the ultimate test. They will complete their first triathlon, Remember it is the taking part that counts and everyone is a winner!

Rick's sponsors will provide great prizes!!