



National Triathlon Centre / Triathlon BC Fall Training Camp, Victoria, B.C.

FOCUS: Swim volume, technique with run sessions.

TARGET: Potential Team BC Canada Games. Development U23 athletes. All BC junior elite athletes were invited as well as Victoria based U23 athletes.

TRAINING SCHEDULE: Two swim sessions per day a.m. / p.m. with a mid day run session.

ATHLETES: Cole Stewart, Andrew Hall, Rebecca Staynor, Christine Ridenour, Jeffrey Phillips, Matthew Sharpe, Aaron Thomas, Kyla Coates, Alexandra Coates, Kerry Spearing, Scott Dagnall,

COACHES: Patrick Kelly, NTC Senior Development Coach/Provincial Coach
Mark Bates, Regional Triathlon Centre Coach, Lower Mainland

TRAINING: Athletes attended two swim sessions per day focusing on low to medium intensity aerobic conditioning with attention to technique. Underwater surface video equipment was placed pool side so athletes could view their swim technique and make ongoing adjustments guided by coaching feedback. In four days athletes swam seven sessions totaling 36km, three run sessions and one leg of the 4 x 5km Thetis Lake relays.



A 400m time trial was held on the third day to establish baseline data. Targeted athletes should complete a 400m time trial every 4-6 weeks to demonstrate progress.

Sunday a.m.. Three teams of four athletes took part in the 4 x 5km Thetis Lake Relays with the Senior team winning overall and the junior men's women's team both placing second in the junior category. This was a fun team building exercise.

MEETING: A team meeting was held with junior elite athletes to discuss the 2008 racing season, spring camp in Arizona and Canada Games preparations

OTHER: This was an excellent opportunity for BC junior elite athletes to meet and train with one another and for Patrick and Mark to discuss the season ahead and coordinating plans for BC junior elite athlete preparations.

NEXT CAMP: Watch for our Spring 2008 Training Camp Details to be released early in the New Year!