

Presents

Talking Tri

New to Triathlon or just want some expert knowledge to improve your training and racing. Whether you are a Triathlete, Runner, Cyclist or Swimmer these talks are for you! A Series of **FREE** informal workshops and talks covering all the elements of Triathlon, presented by experts in their field.

12th October 2009 **Planning the Training Year** – a workshop to help you identify goals for next season and to help you structure your year of training. Venue **University Arms** (next to the university roundabout) 197 Brook Hill Sheffield, S3 7HG 7.30-9.30pm

2nd November 2009 **Nutrition** with Guest Speaker **Nigel Mitchell** - Head Nutritionist for British Cycling. Nigel advised Wiggins on his nutrition for the tour de France. Looking at what we need to fuel our bodies for Triathlon, especially on that all important race day! Venue TBA – further info on www.sheffieldtriclub.com nearer the time.

7th December 2009 **Understanding Exercise Intensity and Coaching.** What is the point to track work and what is a turbo trainer? How can these help me to get faster? Why do I wear a heart rate monitor? What are the benefits of a personal coach and where can I get one? All the mysteries of training are revealed. Venue **University Arms** (next to the university roundabout) 197 Brook Hill Sheffield, S3 7HG 7.30-9.30pm

11th January 2010 **Bike Maintenance.** An essential skill needed by all who ride a bike. Learn how to change a tyre, check tyre pressure, how to check the essential parts of your bike, especially pre race, the benefits of different bikes and bike parts which could gain you speed. Places are limited on this course so please pre book. Venue TBA – further info on www.sheffieldtriclub.com nearer the time

8th February 2010 **Fitness Testing.** Guest speaker **Dave Claxton** – Exercise Physiologist at Sheffield Hallam University will introduce the subject of fitness testing, lab and field based. Outlining the pros and cons of different tests such as Vo2 Max, Threshold etc. Venue **University Arms** (next to the university roundabout) 197 Brook Hill Sheffield, S3 7HG 7.30-9.30pm

8th March 2010 **Mental Preparation for race day.** **Bob Pringle** (Lecturer in Sports Psychology) will look at all the elements to ensure a good race day from positive thinking to consideration of your family and friends! Venue **University Arms** (next to the university roundabout) 197 Brook Hill Sheffield, S3 7HG 7.30-9.30pm

Please express your interest by emailing Alison or Bob at

alisonpickard@hotmail.com or bob@bptri.co.uk

If you have any questions that you would like covered in these sessions just let us know!

ALL TALKS ARE FREE TO EVERYONE!!