

## **Triathlon Training**

### **Swim**

Thursday night swim sessions continue to be popular with stable adult numbers. Youth numbers are very good, twenty four swimmers every week during term time. A long waiting list exists for Youth members which due to lack of space and pool availability we cannot currently cater for. We would also like to push and increase the number of adult members but once again lack of pool time is a limiting factor.



### **Bike**

Most triathletes will ride with the Stony groups or from Body Limits on Saturday mornings. Stages pilot training sessions completed in 2019 March – June 2019. These will be relaunched from January 2020 and run for twelve weeks on Monday nights, coached by Jeff Ward. Numbers seem initially very positive.

### **Run**

Numbers are picking up and are stable compared to last year on the Tuesday run from Body Limits. Monday night track sessions at Stantonbury are currently not being run due to the training stress the track creates on the body for the youth members.

Youth members are running at Campbell Park. This will shortly change to Tongwell and after Christmas move to a Wednesday night. Numbers have increased and the sessions are well enjoyed.

Again the timings and availability of the bookings of Stantonbury track 17:30 – 18:30 means it is not viable option for the adults to use.

Sunday run up at Aspley Woods is very popular during the autumn and winter months especially if you have a dog!



Circuit training and Pilates at Ousedale School, Newport Pagnell on Monday nights continue over autumn and winter. These sessions are privately run but well attended by TeamMK members.

### **Coaching**

Two coaches are currently on the BTF High Performance Coach Programme and are now Level 3 qualified. One coach has completed the BTF Level 2 Diploma and another just started the BTF Level 2 Coaching qualification. Due to other commitments, two Coach Activator's have stepped down. We do have two other volunteers prepared to take their place and another member of the club interested in being an UKA Run Leader.



### **Branding**

Linette MacArthur of Kids Racing and Paul Greenhalgh have developed and brought in new TeamMK branded tri-suit for the youth members, these have proved to be very popular and they look amazing. Currently we are using RaceSkins for adult tri kit, we will be looking at options for tri kit early 2020, quality and comfort have been an ongoing issue. Another clothing area which is being

worked on is to develop more club branded kit including hoodie, running shirt and run tight which will be produced by Fusion.



## Performance

Notably performances from Amy Woodroofe and Harry Hammond. Amy for the second year running won the Bedford Triathlon Race Series and she also represented GB at the 2019 Târgu Mures ETU Duathlon European Championships where she came 3<sup>rd</sup> in her age group. Harry represented GB in Lausanne September 2019 in the sprint distance. A number of adults competed in and have secured GB age group places for next year.



## Youth

Our youth members continue to turn out in great numbers and frequently race at both local triathlon events and those further afield e.g. Bowood House and Brighton.

Congratulations to Jack Rose, Jayden Hill and Ed Johnson who are all part of the South Central Academy which is the first step on the BTF's Performance Pathway looking to develop triathlete's in their pursuit of excellence.

### **Volunteers**

Great thanks to all who help out week in and week out delivering training, running the admin side of the sessions, organising events and keeping everyone safe. Without you the tri section would not be able to function so well.

Thanks to the following your support is greatly appreciated:

Lisa Webb, Karen Lennox, Sarah Bird, Julie-Ann Hammond, Amy Woodroofe, Ian Pearson, Jeff Ward, Eddie Lawley, Trevor Woodroofe, Tracy Harris, Patricia Edwards, Jason Wood, Paul Greenhalgh, Rob Riekie and Martin Quill.

### **TeamMK 2020**

We are introducing a Club Championship and a Champions League for 2020 to promote the engagement of racing against club members and others across a variety of race distances. The focus will be to get large numbers of athletes at multiple events and develop the social aspect of the club.

Further training opportunities will be developed for both youth and adult members:

- Greater use of the Bowl for transition training and duathlon based sessions.
- Mini duathlon league.
- Youth and adult training camps.
- Continue to search for more training facilities so more sessions can be run.
- Look at running possible S&C sessions.