

Off-Road **Winter** Endurance Training Weekend

25th & 26th October 2008

Afan Forest, Port Talbot, near Swansea



Winter training is all about preparation for the next season. Get it right and by Spring you will be stronger, leaner and fitter than the previous year, get it wrong and you'll be playing catch-up for most of the next race season.

This weekend is aimed at giving you information and practical experience which you can use to develop your own training programme to build a strong endurance fitness base upon..

So if you want to learn more about Winter Endurance Training methods from BTF Level III coaches as well as having a weekend riding and running the Afan Forest Trail, then this weekend is for you.

Accommodation

There is a campsite at the Afan Forest Centre at a cost of £2.50 per person/night, parking for campervans and caravans at £5.00 night. (The centre has toilets and shower facilities). The Brywn Bettwas log cabins are nearby (http://b.griffiths_son.users.btopenworld.com) and have 2-5 berth accommodation priced for a Friday to Monday stay at £260.

The campsite has already been booked for the training weekend, so you can pay for this when you get to Afan. Staff at the Centre recommend that you arrange something as soon as possible as accommodation can be at a premium in the area.

Equipment needed.

You will need

- Mountain Bike, suitable kit including a helmet
- Off-road running kit
- Gym Ball (if you've got one)
- Waterproofs
- Plenty of warm clothes
- Money for food, hot drinks, pub in the evening.

You will also need plenty of snacks and drinks to keep you fuelled-up during the weekend. There is a café open 09.30a.m. until 4.00p.m. for food during the day. If you are not self-catering for your evening meals then "The Colliers has been recommended as a possible place to eat (<http://www.thecolliers.biz>).

The weekend's programme, maps of how to get to Afan, The Colliers, Brywn Bettwas, and any further details will be sent out to applicant 10 days before the weekend.

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DRAFT PROGRAMME



FRIDAY

- 6.00 p.m. Camp site opens
- 8.00 p.m. Informal ,meeting in local hostelry

SATURDAY

- 9.00 a.m. Conference room
 - Registration
 - Introduction to the Coaches
 - The Venue H&S information
 - Introduction to the Course
- Winter Endurance Training (mix of theory and practicals)
 - Principles to build a programme for the Winter Period
 - Analysis of previous season (successes/failures) (strengths/weaknesses)
 - Use of Strength Training
 - Flexibility and Stretching
 - Swimming during the Winter Period
 - Running “ “ “ “
 - Cycling “ “ “ “
 - Mountain biking “ “ “

Coffee/Tea

Practical riding the Afan bike trails

Lunch (self catering or in in café)

Conference room

- Building a training/race programme
- Endurance running techniques

Practical Out on the Running routes

Intervals
Hill reps

Coffee/Tea

- Practical
 - Gym/Strength Training
 - Use of Gym Ball
 - Strength on the road (hill reps)

Question and Answer Session

Dinner (café or self catering)

Evening in the pub

SUNDAY

- 9.00 a.m. Conference room
 - Stretching and flexibility

Practical (long ride in one of two groups (technical/hard or non technical/steady

Lunch in Cafe

Conference room

- Round up of course
- Question and answers



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APPLICATION FORM

Name

Address

Telephone

E-Mail

ABILITIES

Off-Road MTB

Tick most appropriate description	Novice	Beginner	Competent	Experienced
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Off-Road Running

Tick most appropriate description	Novice	Beginner	Competent	Experienced
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Gym

Tick most appropriate description	Novice	Beginner	Competent	Experienced
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

You will need to bring and use a Mountain bike and the equipment listed on the first page. If you don't have it, then borrow from a club-mate.

Do you have any injuries or medical conditions that the organiser should be aware of with regards to safety?

COST: £30.00 if you a BTF Member

£35.00 if you are not an individual member of BTF

Amount enclosed

*Please make cheques payable to;
Triathlon England S.W.*

Signed

Date

Full details of the training day and a map of how to get to Afan Forest and the pub will be sent about 10 days before the weekend.

Send the completed form to: Debra Pressley, 22 High Street, Bradninch, Exeter, EX5 4QL (tel: 01392 881711).