

LES-STABLES

TRIATHLON & CYCLING HOLIDAYS

LES GRANGES, 24310 VALEUIL, DORDOGNE, FRANCE

PROVISIONAL OUTLINE OF WEEKLY PROGRAM OF COACHING 2012

Day	Morning Session	Afternoon Session	Evening session
Wednesday		Arrival from 1500hrs	Run Orientation 4km 6pm Depart Les Stables
			Welcome Drinks 9pm TV room
Thursday	Bike Session - (1) + Short Brick 9am Depart 2-3 hrs - groups based on ability & experience		Pool Swim Technique (1) 5-7pm Pool Based Small group technique work Video Analysis
Friday	Run - Market Run 9am Depart Les-Stables - Brantome 14km / 8km options and return option		Pool Swim Technique (2) 5-7pm Pool Based Small group technique work
Saturday	Bike Session (2) 9am Depart 2-4 hrs - groups based on ability & experience		Pool Swim Technique (3) 5-7pm Pool Based Small group technique work
Sunday	Run Session 9am Depart 14.5 km		Pool Swim Technique (4) 5-7pm Pool Based Small group technique work
Monday	Open Water Breakfast Swim 9am Depart Open Water 1.5km to Bourdeilles And return option	Run Technique 12.45pm Depart Les-Stables Track/ Hill Technique / Pace Judgment	Bike Session (3) Technical Work 3.30pm Depart Speed session Hill session TTT session
Tuesday	Brick Session 9am Pool Swim-bike -run - Transition Technique		Pool Swim Technique (5) 5-7pm Pool Based Small group technique work
Wednesday	Departure 10am		

All sessions are optional, Athletes can join in sessions and can add additional sessions to their program if they wish to increase their workload.