



# ENTIRE

PERFORMANCE COACHING

## WORKSHOP



# INTRODUCTION



Join Iestyn Harrett and Josh Lewis in Guernsey for a 2 day camp that will provide you with essential skills, both basic and advanced, suited to Sprint distance through to Long course athletes. You'll get individual advice on swim, bike and run while applying ENTIRE training methods to improve your performance.

You will get the opportunity to train and be trained by professional athletes, where you will directly benefit from their tips, experience and seeing how they operate. All sessions will be tailored to your own performance and goals, with individual advice to ensure you get the most from the camp.

There is an emphasis on learning, with seminars on training approach, nutrition, equipment and competition.

## AGENDA

During the workshop you will get individual advice on swim, bike and run techniques, while applying the ENTIRE training methods to improve your performance.

Aspects that are covered during the camp are:

Training philosophy – learn ENTIRE principles of periodisation, the training mix, psychology + physiology, athlete development and the use of races within these considerations.

Swim training – techniques for the individual athlete, use of swim tools, open water skills.

Bike training – positioning, technique for the individual athlete, bicycle and component selection, skills, tools.

Run training – technique for the individual athlete, shoe choice, use of run tools (hills, track, treadmill, road).

Triathlon – integration of swim, bike and run into the one training approach.

Stretching – massage, warm up and warm downs.

Injuries – prevention, treatment, athlete mentality and training around or through them.

Race execution – strategy for the individual athlete and season goals.



### **THE SCHEDULE:**

Saturday 21st will see us cycling in the morning, followed by technical and transition practice on the bikes before breaking for lunch. We will then head out for a run in the afternoon.

Sunday 22nd will include an open water swim in the morning before concluding with a sports specific nutrition seminar by Natalie Allen and a talk from the ENTIRE team about training methods and philosophies.

### **EQUIPMENT:**

Swimming: We will be swimming open water so please ensure you have a wetsuit with you. Please bring Pull buoy and Paddles with you.

Cycling: Whether you use your time trial or road bike, it is up to you. We would recommend bringing the bike that you do the majority of racing on.

Running: We run on the track, on good tar or gravel roads. Technically savvy runners can also do challenging trail runs

### **WHATS INCLUDED?**

All swim, bike and run coaching

Pre-camp questionnaire

Unlimited access to coaches during the camp

Nutrition Seminar with registered dietitian Natalie Allen

ENTIRE Seminar

Training with professionals

# **GUERNSEY**



**21 - 22 SEPTEMBER  
2019**

**SATURDAY 21ST**

**9am Meet and Greet (Location TBC)  
Outline of the day**

## **SESSION 1**

**60MIN SOCIAL BIKE RIDE  
9:30/10AM START**

**FINISH THE RIDE WITH A TECHNICAL CIRCUIT:**

**CORNERING SKILLS  
TRANSITION PRACTICE  
BIKE SILLS AND POSITION TIPS**

**OPTION OF A 45/60MIN TOP UP RIDE TO FINISH FOR THOSE WHO WISH.**

**LUNCH + SESSION DEBRIEF**

## **SESSION 2**

**LONG RUN / RUN SESSION**

**PACE CONTROL AND SESSION SPECIFICITY**

**SKILLS / DRILLS / TECHNIQUE**

# **GUERNSEY**



**21 - 22 SEPTEMBER  
2019**

**SUNDAY 22ND**

**9am Meet and Greet (Location TBC)  
Outline of the day**

## **SESSION 3**

**OPEN WATER SWIM:**

**HOW TO PUT THE WETSUIT ON \*THE PRO WAY!**

**PRO WARM UP PROTOCOL (PHYSIOLOGICALLY PROVEN)**

**DRAFTING, SIGHTING AND OPEN WATER SKILLS AND TECHNIQUES**

**RACES: BEACH START AND AUSSIE EXIT**

**LUNCH + SESSION DEBRIEF**

## **SESSION 4**

**NUTRITION WITH NATALIE ALLEN - REGISTERED DIETITIAN**

**PRE AND POST TRAINING NUTRITION (FOR A BUSY LIFESTYLE)**

**RACE DAY NUTRITION STRATEGIES**

**Q & A**

**60 MINS TOTAL**

**WORKSHOP DEBRIEF AND ENTIRE PRESENTATION**

**TRAINING METHODS AND PHILOSOPHIES + Q & A**

**60 MINS TOTAL**



## **ENTIRE PERFORMANCE COACHING**

### **DISCLAIMER - *Please sign and return to [entirepc@mail.com](mailto:entirepc@mail.com)***

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You also release all rights to the use of your name, voice and photographic/electronic image without compensation.

Name: .....

Signed: .....

Date: .....



## **GUERNSEY**

**21 - 22 SEPTEMBER  
2019**

### **All inclusive Weekend**

**Includes all sessions 1/2/3/4**

**£200**

### **Drop in session**

**1 x drop in session**

**£60**

### **Drop in session**

**2 x drop in session**

**£100**

### **DROP IN SESSIONS**

*Choose from any of our sessions that you wish to drop in to if you wish to concentrate on anything in particular such as the seminars covering nutrition and training methods which will not just be triathlon specific but cover invaluable information for swimmers, cyclists and runners competing in the individual disciplines. Please specify which sessions you wish to attend on the athlete form.*