

WELSH TRIATHLON HIGH PERFORMANCE COACHING WORKSHOPS 2007

Wales National Pool - Swansea

10th February 2007 - 10am - 3pm

17th March 2007 - 10am - 3pm

28th April 2007 - 10am - 3pm



10th February 2007

Triathlon the modern sport

Exceptional Talent Identification an introduction

Creating the best environment for young athletes.

Developing Sports specific conditioning for young athletes.

Goal Setting for Exceptional Talented athletes & coaches

17th March 2007

Physiological Monitoring of elite triathletes.

Endurance Running. training trends and development

Swimming pre season training , a comparison between a club swim programme and the requirements for triathlon.

Process Goals to help improve your competition performance.

Chris Jones
- National Coach, Swansea

Chris Jones

Cath Own
- Sports psychologist, WIS

Rick Velati
- Assistant Coach, Swansea.
Steven Fudge - WIS

Denis Edwards

Bernie Dietzig
- physiologist WIS.

Chris Jones.

Rick Velati.

Denis Edwards

All sessions are FREE of charge*

*To individuals from within Wales

28th April 2007

Planning for a championship performance..

Peaking and tapering for triathlon.

Understanding Your Own Coaching & Athlete relationship.

Q&A

Chris Jones

Chris Jones

Denis Edwards

All

The workshops are progressive and individuals would benefit from attending all three

We would welcome anyone who is;

- An active BT qualified coach
- A potential triathlon coach
- Single sport coaches with an interest in, or is currently coaching triathletes.

In order to create sufficient resources, etc we would appreciate that all individuals book a place in advance.

To book or for more information please contact;

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07834542083

