

TRIACTIVE SESSION PLAN

6.1 Open Water Swimming



THEME	Group feedback after week 5; open water swimming practice	OBJECTIVE	Practice new skills in an open water environment-breathing away from waves; sighting; practice running into/out of water	
AREA/VENUE	Safe open water swimming venue	TIME	45 minutes	
EQUIPMENT	Bathers or wetsuit, goggles, swim cap and warm, dry clothes	SKILL SUMMARY	Running into and out of water/bilateral breathing/sighting and polo swim technique/ close swimming in an open water environment	
SAFETY CONSIDERATIONS	See Open Water Swimming Guidelines Appendix			

ACTIVITY AND TIME	SKILL FOCUS AND ACTIVITY INFORMATION Set up, group organisation, instructions, progressions-how to CHANGE IT		KEY COACHING POINTS Reinforce what is important and why	QUESTIONS Challenge athletes to find solutions
Introduction [15 mins] 0-15 mins	<p>Pre-swim safety brief: As per Open Water Swimming Guidelines</p> <p>Open water swimming reminders: Running into and out of water/bilateral breathing/sighting</p>	<p>Dryland drills warm-up: Shoulder joint and trunk rotations, ankle rolls</p>	<p>Discussion:</p> <ul style="list-style-type: none"> » Running into and out of water » Breathing away from waves » Sighting 	<ul style="list-style-type: none"> » Why would you practice sighting during open water swimming?
Activity A [~8 mins] 16-23 mins	<ul style="list-style-type: none"> » Initial walk into water to waist depth » Swim from coach's position to second coach (wearing high-vis vest) <ul style="list-style-type: none"> • Approximately 100-150m 	<ul style="list-style-type: none"> » Run from water, across beach and back to starting position by coach 1 » FEEDBACK to group/individuals 	<p>Provide feedback:</p> <ul style="list-style-type: none"> » Unilateral breathing away from waves » Run out of the water <p>Coaching cue:</p> <ul style="list-style-type: none"> » Reinforce tips from weeks 1-5 (sighting, bilateral breathing, swimming in groups) 	<ul style="list-style-type: none"> » How did you manage swimming in choppy water? » How did you feel running post-swim?
Activity B [~6 mins] 24-29 mins	<ul style="list-style-type: none"> » Practice running into and directly back out of waves 	<ul style="list-style-type: none"> » Repeat swim from coach 1 to coach 2/ turn and swim back to coach 1 	<p>Provide feedback:</p> <ul style="list-style-type: none"> » Run and wading technique in and out of water 	<ul style="list-style-type: none"> » How did you feel running into the waves? » Did you feel there is a "best technique" for achieving this?
Activity C [~12 mins] 30-41 mins	<ul style="list-style-type: none"> » Simulate race start run in/short swim out/turn and back to simulate race exit from water x 2 with no rest between » Swim from coach 1 to coach 2/exit water and run across beach 	<ul style="list-style-type: none"> » Run from back across beach into water and swim back to coach 1 	<p>Provide feedback:</p> <ul style="list-style-type: none"> » Race: swim entry and exit <p>Gather group for warm down and post session review</p>	<ul style="list-style-type: none"> » Did you benefit from your weeks practicing bilateral breathing?



TRIACTIVE SESSION PLAN

6.1 Open Water Swimming (cont'd)



<p>REVIEW AND KEY POINTS Review session and reinforce key points and “take home messages”</p>	<ul style="list-style-type: none"> » Incorporate primary swimming stretches whilst reviewing session » Recap your session objectives and skill summary 	<ul style="list-style-type: none"> » Obtain feedback from individuals as to: <ul style="list-style-type: none"> • Water confidence • Benefit of bilateral breathing in avoiding waves no matter their direction or yours • Understanding of activity tasks e.g. sighting and polo swim technique/ practicing water entry and exit running 	<ul style="list-style-type: none"> » Discuss and issues/concerns regarding the race day swim » Ensure participants have received all relevant program appendices 	<ul style="list-style-type: none"> » Use this time to encourage team-building, inclusivity and confidence building
<p>WHAT'S NEXT? Brief explanation of next session, including objective, time, venue, equipment</p>	<ul style="list-style-type: none"> » Looking forward to session 6.2 on the spin bikes 	<ul style="list-style-type: none"> » Reiterate venue, session start time and equipment to bring along: <ul style="list-style-type: none"> • Comfortable exercise clothing • Drinks bottle • Sweat towel • Change of clothing as required • Trainers or bike shoes 	<ul style="list-style-type: none"> » Provide a brief outline of the next sessions content 	

TRIACTIVE SESSION PLAN

6.2 Bike/Run



THEME	Bike set-up; riding position and skills; a slightly lighter session practicing ride-to-run “bricks”	OBJECTIVE	Group feedback from week 5; slightly lighter session ahead of the race/ discuss transitions	
AREA/VENUE	Cycle spin studio	TIME	45 minutes	
EQUIPMENT	Comfortable exercise clothing, drinks bottle, sweat towel, runners or bike shoes and change of clothing as required	SKILL SUMMARY	Bike/run transitions	
SAFETY CONSIDERATIONS	Ensure correct and safe set-up of your spin bike prior to mounting and pedalling; reiterate importance of safe and correct bike set-up			

ACTIVITY AND TIME	SKILL FOCUS AND ACTIVITY INFORMATION Set up, group organisation, instructions, progressions-how to CHANGE IT		KEY COACHING POINTS Reinforce what is important and why	QUESTIONS Challenge athletes to find solutions
Introduction [4 mins] 0-4 mins	» Meet and greet	» Bike set up and transition discussion	Discussion: <ul style="list-style-type: none"> » Bike set up » Transitions Coaching cue: <ul style="list-style-type: none"> » Encourage questions from participants to address any fears/concerns 	» Do you understand the process of transitioning through T1 and T2?
Warm Up [6 mins] 5-10 mins	» Light/easy spin (gear 8-12) @ ~80-90rpm	» Discussion on transitioning	Discussion: <ul style="list-style-type: none"> » Transition advice and supply relevant program appendices 	» What are the key aspects of a successful transition?
Activity A [5 mins] 11-15 mins	<ul style="list-style-type: none"> » 30s @ 100rpm (10-12)/ 30s easy recovery (8-12) » 60s @ 100rpm (10-12)/ 60s easy recovery (8-12) 	» 30s maintain @ 100-120rpm (10-12)/ 30s easy recovery (8-12)	Provide feedback: <ul style="list-style-type: none"> » Smooth pedalling technique » Avoid saddle bounce Coaching cue: <ul style="list-style-type: none"> » Increase intensity based on confidence 	» What are the key points of basic pedalling technique?
Activity B [15 mins] 16-30 mins	<ul style="list-style-type: none"> » 45s @ 80rpm (12-14)/45s standing @ 65rpm (16-20)/90s easy (8-12) x 2 » 30s @ 100rpm (10-12)/ 30s easy recovery (8-12) » 60s @ 100rpm (10-12)/ 60s easy recovery (8-12) » 30s maintain @ 100-120rpm (10-12)/ 30s easy recovery (8-12) 	<ul style="list-style-type: none"> » 60s maintain 100rpm (10-12)/ 60s easy recovery (8-12) » 30s maintain 80rpm (12-14)/ 30s easy recovery (8-12) » 60s standing (16-20) @ 65rpm/ 60s easy recovery (8-12) » 30s maintain 80rpm (12-14)/ 30s easy recovery (8-12) 	Remind participants of bike-run transition strategies Coaching cue: <ul style="list-style-type: none"> » Reduce cycling resistance and increase cadence prior to end of cycling 	» Do you feel stronger and more confident on the bike after 6 weeks of training?

TRIACTIVE SESSION PLAN

6.2 Bike/Run (cont'd)



ACTIVITY AND TIME	SKILL FOCUS AND ACTIVITY INFORMATION Set up, group organisation, instructions, progressions-how to CHANGE IT		KEY COACHING POINTS Reinforce what is important and why	QUESTIONS Challenge athletes to find solutions
Activity C [10 mins] 31-40 mins	» 8 mins STEADY STATE RUN AT A PACE COMFORTABLE TO THE PARTICIPANT		Provide reminders: <ul style="list-style-type: none"> » Transition from bike to run » Relaxed breathing 	» How did you feel during running off the bike?
Warm Down [3 mins] 41-43 mins	» Light/easy spin to recover breathing and reduce heart rate	» Drink and engage for immediate post-session feedback before stretching	Reinforce importance of post-exercise stretching Coaching cue: » Pre race preparation ideas	» How confident do you feel about taking part in a triathlon?
REVIEW AND KEY POINTS Review session and reinforce key points and “take home messages”	» Incorporate primary cycling and running stretches whilst reviewing session » Recap of bike training objectives and experience of running off the bike	» Obtain group feedback regarding how the 6-weeks have prepared them	» Ensure all are happy with their preparation for race day	» Use this time to encourage team-building, inclusivity and participant confidence to ask questions
WHAT'S NEXT? Brief explanation of next session including, objective, time, venue, equipment	» Looking forward to our event/race day	» Reiterate venue, session start time and equipment to bring along: <ul style="list-style-type: none"> • Bathers/wetsuit/goggles/towel/dry clothing to change into immediately afterwards 	» Ensure all are clear as to meet times and locations	