

YOUTH CLINIC OUTLINE MURRAY 2008

OVERVIEW OF THE DAY

- Swim time includes some pointers plus course practice. We'll all be in the pool at the same time since we don't have use of the pool all day. We need to be out at about 9:45
- After swim practice, we'll practice exiting the water and getting to transition; transition practice will be one of the stations
- Bike group goes to bike team coach for drills and course inspection and skills on hills including ascent and descent and safety; run group goes to run team coach for run coaching and course preview; transition group goes to bike racks for T1 and T2 practice
- Groups switch 3 times before practicing the whole race
- Brief nutrition talk - what to eat on race AM
- Put it all together (dry land swim drill!)
- Review and rest of goodie/swag bag

SWIM (ALL GROUPS TOGETHER)

Warm-up (then split kids between coaches)

- Advanced: circle swim 200
- Intermediate: circle swim 100
- Beginner/younger kids: circle swim 50
- Stroke work (may have to be really basic with weak swimmers, i.e. keep head down for 3 strokes, then breathe; on back if really tired, how to swim straight)
- Turns - practice pushing off under lane lines into correct lane; practice streamlining; flip turns for best kids - it can be done!
- Exit practice in small groups
- Get dressed - won't need swim suit after this point, but can stay in it

After swim practice, groups will go to one of three stations. They will rotate through bike, run, and transition practice. We'll have a snack after the 2nd rotation. Don't forget water breaks. There's lots of water in the park.

T1 MOUNT / T2 PRACTICE

- Basic transition instruction (have my bike set up with all the gear and discuss what you need); practice getting to mount line
- Demo options for mounting bike (flying mount for more skilled kids)
- Practice on the grass and then on pavement
- Dismount options (cyclocross for more skilled kids)
- Running with your bike

- Putting cap, belt on as you run
- Pacing out of this transition

CYCLING SKILLS

- Course preview with safety awareness; older skilled kids can do two loops or possibly 1.5
- Cones and slalom courses - cornering etc.; older kids can do more advanced courses, work bike under them and possible do some hill repeats up Jones Ave

RUN SKILLS

- Course preview - easy jog; point out lap 1/lap 2 intersection
- Run drills on grass - high knees, butt under, butt kicks, backwards etc.
- Possible video - we'll talk about it, may be a way to break up this session as it's harder to run as long as you bike

Short snack break w/Gatorade and bars, gels etc. after 2nd rotation

THE WHOLE ENCHILADA

- Dry land swim to bikes
- Ride course at least once if not twice
- Run/jog course
- Rest!

REVIEW

- What was the most important thing you learned today?
- Give me one thing to remember about the swim, T1, bike, T2, run!
- Goodies