



BENEFIT OF GROUP COACHED SESSIONS

GENERAL

Group coached sessions provide an opportunity to meet and train with friends and fellow club members, this means, people with similar goals and objectives. Coaches will split groups on ability if necessary and there is no need to feel intimidated or think you will be 'off the back'. You can take each session as easy or as hard as you choose, based on your personal targets and how you feel at the time; there is no pressure.

If you want to push yourself you can do, and there is no better way than interval training with a group where some are going slightly faster than you on each set and you are striving to match them.

There is also an essential social element with group training, whether that be during or after the session. Many of the KTC coached sessions are now followed by a social coffee somewhere local to the session.

SWIM

Technique is probably the most crucial aspect of swim performance and training in a coached session environment provides you with an opportunity to receive one-to-one feedback from the coach. It also allows coaches to demonstrate the drills used to improve technique, how to perform them correctly and what they are designed to achieve in terms of technical improvements.

Coached KTC sessions comprise a warm-up component followed by drills then main sets (usually endurance, threshold or speed-based) and cool-down. It is important to arrive on time at poolside for swim sessions so coaches can explain the content and purpose of the session. Think of these sessions not as "how many k's can I do in 50mins" but more as "how can I improve my swimming"; and everyone can still improve!

Also, club swims are a good opportunity to catch up on the latest race gossip in the changing room or post-swim coffee.

BIKE

KTC aims to provide uncoached group rides with two distance options every Saturday morning from Knutsford and also over the winter months group indoor bike sessions.

Coached bike sessions are primarily an indoor spin class format on stationary bikes, but with sets based on triathlon-specific intervals. No special equipment is needed.

The bikes at the Mere Club do have pedals that are either flat with toe clips for trainers or (on reverse) clip-in Shimano SPD (MTB) type, so it's worth bringing bike shoes with SPD clips to get more out of the session. These bikes are excellent and also have built-in accurate power meters, so it's worth knowing your FTP, but definitely not essential.



If you race on a TT bike or on Tri-bars it's recommended to perform the intervals in that position and the bikes are adjustable enough to create the same position you are used to.

Sessions are very friendly and inclusive with plenty of chat and banter during warmup and cooldown. Intervals are varied and can be anything from pedalling technique through to longer threshold sets, shorter VO2 max sets, or very short burst high power, seated or standing.

All these are excellent sessions to improve different components of bike fitness, both in and outside of race season, suitable for all triathlon distances from sprint to Ironman - much more fun and more challenging in a group than sat at home on your own turbo.

RUN

Running hard on your own is always difficult. Your running will improve by doing more or going longer but it will come to the point where it can plateau or, worse still, break down with injury, so is often more efficient to train 'smarter' instead of longer or harder. KTC offers weekly coached track sessions at Altrincham AC Timperley running track (shale surface).

Interval running sessions allow you to go relatively hard for short periods but still have sufficient recovery and make good progress for less total volume. The sessions include warmup components including dynamic stretching and flexibility, followed by main sets and cooldown. The sets are generally based on threshold or VO2 max intervals of 1 min to 6mins duration. Running at longer intervals helps raise your threshold, meaning you can sustain a harder pace for longer. Shorter VO2 intervals are faster than threshold, around 5k race pace, and will improve the volume of oxygen you can process, leading to improvement in running economy and fitness.

These sessions will benefit all race distances from 5k to marathon.