

Online Training Packages

Disclaimer

Before participating in any of the below plans, please read the below;

- You should consult a medical professional before commencing any new exercise program.
- If you have any underlying medical conditions, you should consult with your GP or healthcare professional to confirm that the program is appropriate for your needs.
- If you are fit and well or have been given approval to take part in training for triathlon by your GP, please take responsibility regarding your health and always STOP activity if a new health issue occurs or an existing condition worsens.
- As with any form of exercise, the disciplines of Triathlon training do have elements of risk of injury and you should ensure appropriate steps are taken to lessen these such as wearing appropriate clothing and checking equipment is in good condition.
- Swimming in open water presents added risks and you should make sure you have appropriate clothing for the conditions and your ability. These may include wetsuit, life buoy, swim hats, boots and appropriate warm clothing post swim. You should also swim with a buddy and in lifeguarded swim zones at all times.
- Team Bodyworks has provided the below self led plans to support you in your training and you should be at a reasonable level of fitness and competent in each discipline before taking part.
- By signing up to a Team Bodyworks plan you agree to do this at your own risk and confirm you have read the above.

PLAN 1 - Eastbourne Sprint Triathlon 4 week NOVICE Prep - FREE to Tribourne entrants using event Code

PLAN 2 - Eastbourne Triathlon Olympic Distance Triathlon 4 week NOVICE Prep – FREE to Tribourne entrants using event Code

- Plan 1 is designed for Novice athletes where Athletes should be able to swim 400m non stop and unaided, cycle for 30mins and run for 20mins.
- Plan 2 is designed for Novice athletes where Athletes should be able to swim 800m non stop and unaided, cycle for 60mins and run for 30mins.

- Designed specifically for the courses at Eastbourne Triathlon taking into consideration the sea swim and terrain on bike and run.
- This will give you a guide on the appropriate training required for you to be able to complete and enjoy your day at the Eastbourne Sprint and Olympic distance Triathlons. Supplying you with detailed bike, run and swim sessions for both pool and open water.
- By downloading this plan, you will also gain access to 3 hours of Team Bodyworks live coached online sessions per week covering S&C and Turbo.

To access this plan, you will need to download [Training Peaks Basic](#) athlete package for free. You will then need to email Steve (spclark79@hotmail.com) with the Tribourne Code, your Training peaks account name and you will be supplied with access to the training plan on Training Peaks.

PLAN 3 - Ironbourne Middle Distance 8 Week training plan - £50

- Plan 3 is designed for athletes who have been training for the middle distance Triathlon at Ironbourne and built a reasonable level of fitness. Athletes should be able to swim 1500m non stop and unaided, cycle continuously for 90mins and run for 60mins.
- Designed specifically for the Eastbourne course taking into consideration of the sea swim and terrain on bike and run.
- The middle distance plan has been developed to give you a guide on the appropriate training required to complete and enjoy the middle distance championships at Ironbourne, supplying you with detailed bike, run and swim sessions for both pool and open water.
- Alongside the detailed sessions, you will also gain access to 3 hours of live online coached Team Bodyworks sessions covering S&C and Turbo.

To access this plan, you will need to download [Training Peaks Basic](#) athlete package for free. You will then need to email Steve (spclark79@hotmail.com) with the Tribourne Code, your Training peaks account name and pay £50 to Team Bodyworks on the below account details. You will then be supplied with access to the training plan on Training Peaks.

PLAN 4 - Open Water Swim Sessions 1:1 £50 : 2:1 £65 : 3:1 £80

These will be 60min sessions in the Sea at Eastbourne and delivered 1:1, 2:1 or 3:1 with one of the Team Bodyworks Coaching team and will cover

- sighting
- getting in and out of your wetsuit
- course familiarization for your event
- reading the currents
- understanding tides
- entering and exiting water safely

Athletes should be able to swim 200m in a pool non stop and unaided to join these sessions

For further information or to book an appointment please contact Steve (spclark79@hotmail.com)

To pay for any of the above plans please use below Bank Details

Please enter your name as a reference on the transfer.

Bank: Lloyds Bank Plc, 104 Terminus Road, Eastbourne
Sort code: 30-92-86
Account name: Bodyworks XTC Ltd
Account number: 00100318
Ref: Athletes name PLAN 'Number'