



Dartford and White Oak Tri

The first club race of the season is the duathlon on the 28th March comprising a 5km run , 22km cycle and 5km run . This is free to enter for all full club members—please let John know if you would like to compete—or if you can help with marshalling .

The White Oak club main club race will take place on 11th July and all club members are expected to help with marshalling .

NB Club fees are due by the 1st April to Roy Knight

Tri e-group

Are you a member of the Dartford and White Oak Tri e-group ?

If not why not join via the website www.whiteoaktri.co.uk and then you will get all the latest news and info via e-mail.

Not long now to the start of the race season!

The start of the race season is not too far away now so good luck to everyone in training for a particular event or race coming up !

Don't forget the Club championship races are Tonbridge Triathlon on the 3rd May (sprint) and Dambuster triathlon on the 19th June (Olympic distance). Races are filling up fast so get your entry in as soon as possible so we have a really good club turnout.

Just to give everyone a flavour of the different races people have entered here's some club members triathlon / race goals for 2010:-
Mark— to complete Virgin London Marathon in sub 3.15 and do a double marathon ultra.

Jakub - Monaco half marathon , Virgin London Marathon and Ironman Austria

Alan—7Oaks and Tonbridge sprint and to finish at the Bridge Tri (Olympic)

Rak—to complete UK Ironman 70.3

Bill—Tonbridge and Crystal Palace tri, Hastings and Paddock Wood half marathon and Brighton marathon

Piers—Tonbridge and Crystal Palace tri

Mick—Tonbridge tri , club duathlons, the Bridge tri

John—1st open water swim @Bexhill and 1st Olympic distance

James - To qualify for the World Age group champs at Dambuster

Please let Paul Fisher or James know what events you are planning to enter so the website can be kept up to date

Seeds cycling—Tour to Dieppe in May - Please make sure deposits have been paid to Graham by the end of Feb (£70)

Turbo training continues on Thurs eves till end of March—John has a spare turbo if anyone needs one . See www.seedscycling.co.uk

Paula's Swim training tips (NB coached sessions Weds eve 9.15 -10.15 at White Oak un-coached 9-10 on Sundays) Please try to get down on poolside on time on a Weds so everyone can start the session at the same time and also do a warm up .

Swim schedule Feb onwards -we will continue to work on pulling/full stroke with the hand paddles to increase upper body strength . The club purchased the paddles so it will be good to see April/May time when we do some timed swims if they have had an effect on anyone's times

March/April—we will start to increase the distance swam during the sessions , but still doing some drill work

April/May—at some point we will do some timed swims . Distances swam during these sessions will increase and depending on what lane you are in will be between 1500 and 2600mtrs. We will also be introducing some speed work.

To swim once or twice a week won't really have a great impact on your swim times . It is tough to fit everything in especially with the 3 disciplines but you do need to be in the water for 40 mins to an hour three times a week to see improvement in swim times.

If you are going to an uncoached sessions it is always best to have the session planned before you go. It is always good to include drill work , breaking the stroke down thinking about one part of the stroke at a time .

Sample drills include:-

- single arm work with or without a float stretching out the stroke
- 3,3,6 3 right arm , 3 left arm , 6 full stroke (repeat)
- Kicking - important to relax—you can kick on your back if you find it easier
- Pulling - relax your legs and just work your arms but don't rely on the pull buoy
- Catchup—slow the stroke right down and concentrate on one arm at a time
- High elbow—relax the arm bringing it high over the water -will help with shoulder flexibility
- Rolling—start on your side one arm stretched in front pressed against your ear roll over to the other side then kick 4,6,or 8 times pull the arm down and roll the body over to repeat
- Long dog—an extended version of doggy paddle make sure you stretch forward to the front of the stroke and pull right back through the water to your leg
- Sculling—this will help with the feel of the water and can be done on your front or back
- Fists—make a fist with your hand and swim either full stroke or catch up

If you are aiming for long distance events you do need to include stamina work . Long swims can be broken down into sets . If doing the same repetitions eg 100 or 200m use your watch to check times, you are aiming for same pace sets rather than fast and slow.

Include 1 length shorter sets concentrating on breathing or stroke counting.

If anyone has specific requirements or would like more guidance on swimming please see Paula