

BARWON HEADS TRIATHLON 10 WEEK BEGINNER TRAINING PROGRAM

BECKWORTH
R A C I N G

13TH BEACH HEALTH SERVICES
BARWON HEADS
— T R I A T H L O N —



JOIN US FOR OUR **FREE** BARWON HEADS TRIATHLON CLINICS

The clinics will be held in Barwon Heads with the training done on the actual Triathlon Course. Beckworth Racing coaches will be there to support and educate all attendees.

Everyone is welcome, from beginners to seasoned veterans!



BECKWORTH RACING PRESENTS...

BARWON HEADS TRIATHLON CLINIC 1

TRANSITION PRACTICE
ALL LEVELS OF EXPERIENCE WELCOME

TRIATHLON CLINIC #1

Focus: Transition Practice

Date: Sunday 21st January 2024

Time: 8:45am - 9am start

Location: Barwon Heads Rotunda near car park opposite Barwon Heads Hotel

What To Bring:

- Bike, Helmet, Bike shoes (if using them), Runners, Hat & Sunnies, Towel

REGISTER NOW!

<https://www.beckworthracing.com/barwon-heads-tri-clinics>



BECKWORTH RACING PRESENTS...

BARWON HEADS TRIATHLON CLINIC 2

SWIM / RIDE FAMILIARISATION
ALL LEVELS OF EXPERIENCE WELCOME

TRIATHLON CLINIC #2

Focus: Swim & Ride

Date: Sunday 4th February 2024

Time: 8:45am for 9am start

Location: Barwon Heads Rotunda near car park opposite Barwon Heads Hotel

What To Bring:

Bathers / Tri-Suit / Wetsuit (your preference), Goggles & Swim Cap (optional), Towel, Bike, Helmet & Sunnies, Bike shoes (if using them), Cycling apparel if not using a tri-suit.

REGISTER NOW!

<https://www.beckworthracing.com/barwon-heads-tri-clinics>



BECKWORTH RACING PRESENTS...

BARWON HEADS TRIATHLON CLINIC 3

TRANSITION TOUR
ALL LEVELS OF EXPERIENCE WELCOME

TRIATHLON CLINIC #3

Focus: Transition Tour

Date: Saturday 24th February 2024

Time: 5:30pm

Location: Barwon Heads car park opposite Barwon Heads Hotel

What To Bring:

- Nothing to bring. This is a tour of the transition area as it will be set up for the race. We will explain how the transition area works & you can visualise it for race day.

REGISTER NOW!

<https://www.beckworthracing.com/barwon-heads-tri-clinics>

THE PROGRAM GOAL

To make sure you are fit enough to have fun out there.

This Training Program is Designed to:

- Progressively increasing your overall fitness to peak on race day.
- Further develop the skills of swim, bike & run.
- Understand how to best execute the "transition" part of triathlon.
- Give you confidence in your ability to finish the race with a smile on your face.



GLOSSARY

RI = Rest in between

Effort chart

60% Very easy; you can converse with no effort

70% Easy; you can converse with almost no effort

75% Moderately easy; you can converse comfortably with little effort **80%** Moderate; conversation requires some effort

85% Moderately hard; conversation requires quite a bit of effort **85-90%** Difficult; conversation requires a lot of effort

90% Very difficult; conversation requires maximum effort **95-100%** Peak effort; no-talking zone



WEEK BEGINNING 18/12/2023

MON	<p>Swim 700m 100m swim 8 x 25m with 15sec RI Main Set 4x50m with 15sec RI paddles + pull buoy (it's ok if you don't have these - swim without them) Cool down 200m easy</p>	<p>DONE <input type="checkbox"/></p>
TUE	<p>20min Easy Running or Option of going to BRT Run Club at Deakin Uni Track Waurm Ponds. Meet at 5pm to start at 5.15pm.</p>	<p>DONE <input type="checkbox"/></p>
WED	<p>40min easy ride This is an easy spin so please don't push a big gear. If you are new to riding you can shorten this ride to 25 - 30mins or lengthen if you are a more experienced rider Strength Program</p>	<p>DONE <input type="checkbox"/></p>
THU	<p>Swim 800m 100m warm up Main Set 6 x 100m done as 50m easy/25medium/ 25m hard RI 30sec Cool Down 100m easy</p>	<p>DONE <input type="checkbox"/></p>
FRI	<p>REST DAY or if you have missed a day you can make up for it today Pilates</p>	<p>DONE <input type="checkbox"/></p>
SAT	<p>BRICK SET 35min ride Please include 10 x 1min medium pace efforts/3min easy. Down on tri bars or drops if you are comfortable doing this. 10min jog off the bike easy Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike.</p>	<p>DONE <input type="checkbox"/></p>
SUN	<p>20min long easy jog 70% effort Or optional rest day if you are feeling tired. You can run longer if you are a more experienced runner.</p>	<p>DONE <input type="checkbox"/></p>

WEEK BEGINNING 25/12/2023

MON	<p>Swim 700m 100m swim 8 x 25m with 15sec RI Main Set 4x50m with 15sec RI paddles + pull buoy (it's ok if you don't have these - swim without them) Cool down 200m easy</p>	<p>DONE</p> <input type="checkbox"/>
TUE	<p>20min Run as 10min warm up easy 5 x 1min hard 90% / 60secs easy. Please make sure there is big difference between your paces 4min cool down easy If you are very new to running you can walk the easy instead of running.</p> <p>Option of going to BRT Run Club at Deakin Uni Track Waurn Ponds. Meet at 5pm to start at 5.15pm.</p>	<p>DONE</p> <input type="checkbox"/>
WED	<p>30min easy ride This is an easy spin so please don't push a big gear. If you are new to riding you can shorten this ride to 25 - 30mins or lengthen if you are a more experienced rider</p> <p>Strength Program</p>	<p>DONE</p> <input type="checkbox"/>
THU	<p>Swim 800m 100m warm up Main Set 1 x 200m done as 100m easy/50m medium/ 50m hard RI 30sec 4 x 100m done as 50m easy/25medium/ 25m hard RI 30sec Cool Down 100m easy</p>	<p>DONE</p> <input type="checkbox"/>
FRI	<p>REST DAY or if you have missed a day you can make up for it today Pilates</p>	<p>DONE</p> <input type="checkbox"/>
SAT	<p>BRICK SET 45min ride Please include 10 x 1min medium pace efforts/3min easy. Down on tri bars or drops if you are comfortable doing this. 10min jog off the bike easy Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike.</p>	<p>DONE</p> <input type="checkbox"/>
SUN	<p>30min long easy jog 70% effort Or optional rest day if you are feeling tired. You can run longer if you are a more experienced runner.</p>	<p>DONE</p> <input type="checkbox"/>

WEEK BEGINNING 1/1/2024

MON	<p>Swim 900m 100m swim 8 x 25m with 15sec RI Main Set 4x50m with 15sec RI paddles + pull buoy (it's ok if you don't have these - swim without them) 4x50m with 15sec RI as 25m fast/25m easy Cool down 200m easy</p>	<p>DONE</p> <input type="checkbox"/>
TUE	<p>30min Run as 10min warm up easy 8 x 1min hard 90% / 60secs easy. Please make sure there is big difference between your paces 4min cool down easy If you are very new to running you can walk the easy instead of running.</p> <p>Option of going to BRT Run Club at Deakin Uni Track Waurin Ponds. Meet at 5pm to start at 5.15pm.</p>	<p>DONE</p> <input type="checkbox"/>
WED	<p>40min easy ride This is an easy spin so please don't push a big gear. If you are new to riding you can shorten this ride to 25 - 30mins or lengthen if you are a more experienced rider</p> <p>Strength Program</p>	<p>DONE</p> <input type="checkbox"/>
THU	<p>Swim 1000m 100m warm up Main Set 2 x 200m done as 100m easy/50m medium/ 50m hard RI 30sec 4 x 100m done as 50m easy/25medium/ 25m hard RI 30sec Cool Down 100m easy</p>	<p>DONE</p> <input type="checkbox"/>
FRI	<p>REST DAY or if you have missed a day you can make up for it today Pilates</p>	<p>DONE</p> <input type="checkbox"/>
SAT	<p>BRICK SET 45min ride Please include 10 x 1min medium pace efforts/3min easy. Down on tri bars or drops if you are comfortable doing this. 10min jog off the bike easy Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike.</p>	<p>DONE</p> <input type="checkbox"/>
SUN	<p>30min long easy jog 70% effort Or optional rest day if you are feeling tired. You can run longer if you are a more experienced runner.</p>	<p>DONE</p> <input type="checkbox"/>



13TH BEACH HEALTH SERVICES

OSTEOPATHY | PHYSIOTHERAPY | PODIATRY
CLINICAL PILATES | REMEDIAL MASSAGE



Keeping your body in good condition is also important when training, even if you don't have an injury. Getting a massage once a month can help prevent an injury.

13th Beach Health Services in Barwon Heads can help you with this and any niggles that may come up while you are in training. It is important to not let niggles progress and turn into something more serious.

If you get onto things early, this will hopefully result in a positive outcome, rather than injury that may put you out of action.

Call (03) 5254 2668

<https://www.13thbeachhealthservices.com.au/>

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WEEK BEGINNING 8/1/2024

MON	<p>Swim 900m 100m swim 8 x 25m with 15sec RI Main Set 4x50m with 15sec RI paddles + pull buoy (it's ok if you don't have these - swim without them) 4x50m with 15sec RI as 25m fast/25m easy Cool down 200m easy</p>	<p>DONE</p> <input type="checkbox"/>
TUE	<p>30min Run as 10min warm up easy 8 x 1min hard 90% / 60secs easy. Please make sure there is big difference between your paces 4min cool down easy If you are very new to running you can walk the easy instead of running. Option of going to BRT Run Club at Deakin Uni Track Waurin Ponds. Meet at 5pm to start at 5.15pm.</p>	<p>DONE</p> <input type="checkbox"/>
WED	<p>40min easy ride This is an easy spin so please don't push a big gear. If you are new to riding you can shorten this ride to 25 - 30mins or lengthen if you are a more experienced rider Strength Program</p>	<p>DONE</p> <input type="checkbox"/>
THU	<p>Swim 1000m 100m warm up Main Set 2 x 200m done as 100m easy/50m medium/ 50m hard RI 30sec 4 x 100m done as 50m easy/25medium/ 25m hard RI 30sec Cool Down 100m easy</p>	<p>DONE</p> <input type="checkbox"/>
FRI	<p>REST DAY or if you have missed a day you can make up for it today Pilates</p>	<p>DONE</p> <input type="checkbox"/>
SAT	<p>BRICK SET 45min ride Please include 10 x 1min medium pace efforts/3min easy. Down on tri bars or drops if you are comfortable doing this. 10min jog off the bike easy Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike.</p>	<p>DONE</p> <input type="checkbox"/>
SUN	<p>30min long easy jog 70% effort Or optional rest day if you are feeling tired. You can run longer if you are a more experienced runner.</p>	<p>DONE</p> <input type="checkbox"/>

Berry Smoothie - Great for after a session.



INGREDIENTS

1/2 cups apple juice can also use almond milk, skim milk, coconut milk or other flavor of juice 1 banana sliced

1/2 cups frozen mixed berries 3/4 cup vanilla Greek yogurt 1 tablespoon honey optional
Optional garnish: fresh berries and mint sprigs

INSTRUCTIONS

Place the apple juice, banana, berries and yogurt in a blender; blend until smooth. If the smoothie seems too thick, add a little more liquid (1/4 cup).

Taste and add honey if desired. Pour into two glasses and garnish with fresh berries and mint sprigs if desired.

WEEK BEGINNING 15/1/2024

MON	<p align="center">Swim 800m - Test session 100m warm up 4 x 50m at a medium pace with 15sec RI 25m at a hard pace with 15sec RI/25m at an easy pace Main Set : 200m time trial - record your time Cool Down : 200m cool down/2 x 100m at an easy pace with 20sec RI</p>	<p align="center">DONE</p> <input type="checkbox"/>
TUE	<p align="center">Run 35mins 10min warm up 3 x 2mins at tempo 80% / 2min walk. 10min cool down - you can add extra on cool down if you want to extend run session</p> <p align="center">Option of going to BRT Run Club at Deakin Uni Track Waurn Ponds. Meet at 5pm to start at 5.15pm.</p>	<p align="center">DONE</p> <input type="checkbox"/>
WED	<p align="center">Ride 45mins Easy no efforts and please do not push a big gear. If new to riding you can shorten this to 35 - 40min</p> <p align="center">Strength Program Optional rest day if you are tired</p>	<p align="center">DONE</p> <input type="checkbox"/>
THU	<p align="center">1100m Swim 100m swim/4x50m with 15sec RI Main Set : 2x200m with 15sec RI paddles + pull buoy.(it's ok if you don't have these - swim without them) 2x100m with 15sec RI (50m fast/50m easy) Cool Down : 200m easy</p>	<p align="center">DONE</p> <input type="checkbox"/>
FRI	<p align="center">REST DAY or if you have missed a day you can make up for it today Pilates</p>	<p align="center">DONE</p> <input type="checkbox"/>
SAT	<p align="center">1hr Ride - Over Barwon Heads Tri course if you live in the area 20min warm up easy 10 x 30secs @ 80% effort with high leg cadence(90-100rpm)/1min easy 10 x 15secs hard/ 1min easy 20min cool down 10min jog off the bike easy 70% effort</p>	<p align="center">DONE</p> <input type="checkbox"/>
SUN	<p align="center">35min long easy jog 70% effort - this run can be extended to 45min if you want to run longer. Open water swim 400m - optional Can be done in the bay depending on where you live. This is just an easy swim, purely just to give you practice in the open water</p> <p align="center">OR CLINIC #1 SUNDAY 21ST JAN @ 9AM - TRANSITIONS.</p>	<p align="center">DONE</p> <input type="checkbox"/>

Broccoli Salad



INGREDIENTS

- 1 broccoli head, approx 5 cups of florets
- 8 slices bacon
- 1/3 cup red onion, diced
- 1/2 cup dried cranberries
- 1/2 cup sunflower seeds
- 1/4 cup goat cheese, crumbled

BROCCOLI SALAD DRESSING

- 1/2 cup mayonnaise
- 1/4 cup plain yogurt

INSTRUCTIONS

Preheat the oven to 190 degrees. Add the bacon slices to a parchment lined baking tray and cook for 15 minutes or until crispy. Remove the bacon from the oven and transfer to a paper towel to dry and cool.

While the bacon is cooking, slice off all the broccoli florets and make sure they're in bite-sized pieces. Add them to a large mixing bowl along with the red onion, dried cranberries, sunflower seeds and goat cheese.

To make the dressing, add the mayonnaise and yogurt to a small bowl and stir together. Add the dressing to the mixing bowl and stir until everything is well combined.

WEEK BEGINNING 22/1/2024

MON	<p>Swim 1000m 100m warm up Main Set 3 x 100m done medium pace RI 30secs 4 x 50m with fins fast RI 20 secs 8 x 25m with fins easy long strokes RI 20 secs (it's ok if you don't have fins - swim without them) 100m cool down RI 20 secs</p>	<p>DONE</p> <input type="checkbox"/>
TUE	<p>35min Run as 10min warm up then 2 x 2min medium to hard pace / 90secs walk. 10min cool down</p> <p>Option of going to BRT Run Club at Deakin Uni Track Waurn Ponds. Meet at 5pm to start at 5.15pm.</p>	<p>DONE</p> <input type="checkbox"/>
WED	<p>Ride 50mins Easy no efforts and please don't push a big gear.</p> <p>If you are a more advanced rider you can include 8 x 1mins @ race pace/2mins easy. Strength Program</p>	<p>DONE</p> <input type="checkbox"/>
THU	<p>Swim 1200m 200m warm up Main Set 8 x 50m 10m hard / 40m easy RI 20 secs. 4 x 100m 50m easy / 50m hard RI 20secs 200m cool down</p>	<p>DONE</p> <input type="checkbox"/>
FRI	<p>REST DAY or if you have missed a day you can make up for it today Pilates</p>	<p>DONE</p> <input type="checkbox"/>
SAT	<p>BRICK SET 1hr 10min Ride 20min warm up easy 4 x 4min @ 80% down on tri bars or drops if you are comfortable with this / 2min easy 60% 24min cool down</p> <p>10min jog off the bike easy 70% effort Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike.</p>	<p>DONE</p> <input type="checkbox"/>
SUN	<p>40min long easy jog 70% effort - to make this harder, this can be done on hilly course or you can extend the run to 50mins easy</p> <p>Open water swim 500m - optional This can be done in the bay depending on where you live. Make it an easy swim, purely just to give you practice in the open water</p>	<p>DONE</p> <input type="checkbox"/>

CONGRATULATIONS

You're Halfway Through The Program



THIS NEXT 4 WEEKS IS WHERE YOU WILL MAKE THE MOST GAINS AS YOU HAVE DEVELOPED YOUR BASE FITNESS OUR SESSIONS WILL CONCENTRATE ON PREPARING FOR RACE DAY.

JUST WANTED TO LET YOU KNOW WE'RE HERE TO SUPPORT YOU SO FEEL FREE TO CONTACT ADAM BECKWORTH AT BECKWORTH RACING WITH ANY QUESTIONS OR CONCERNS BEFORE YOUR BIG RACE.

LOOK OUT FOR OUR DATES FOR OUR FREE BARWON HEADS TRIATHLON CLINICS WHICH WILL BE FANTASTIC FOR COURSE RECON AND LEARNING HOW TO COMPLETE TRANSITIONS FROM SWIM TO BIKE AND BIKE TO RUN.

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WEEK BEGINNING 29/1/2024

MON	<p>Swim 1200m 200m warm up Main Set 8 x 100m done as 50m easy / 50m hard RI 30secs 200m cool down</p>	<p>DONE</p> <input type="checkbox"/>
TUE	<p>45min Run as 10min warm up 6 x 5mins done as 2min @ 70% / 2min @ 80% / 1min walk 10min cool down</p> <p>Option of going to BRT Run Club at Deakin Uni Track Waurn Ponds. Meet at 5pm to start at 5.15pm.</p>	<p>DONE</p> <input type="checkbox"/>
WED	<p>Ride 50mins Easy no efforts and please don't push a big gear.</p> <p>If you are a more advance rider you can include 2 x 5mins as 2min med pace/ 2min hard. 1min easy spin</p> <p>Strength Program</p>	<p>DONE</p> <input type="checkbox"/>
THU	<p>Swim 1000m 200m warm up Main Set 2 x 400m done as 200m hard/200m easy. RI 1min 200m cool down</p>	<p>DONE</p> <input type="checkbox"/>
FRI	<p>REST DAY or if you have missed a day you can make up for it today Pilates</p>	<p>DONE</p> <input type="checkbox"/>
SAT	<p>BRICK SET 1hr Ride 25min warm up easy 8 x 1min hill repeats seated @ 80%. Recovery is spin back down the hill to the start and go again 20min cool down</p> <p>10min jog off the bike easy 70% effort Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike.</p>	<p>DONE</p> <input type="checkbox"/>
SUN	<p>40min long easy jog 70% effort Open water swim 500m - optional</p> <p>This can be done in the bay depending on where you live. This is just and easy swim, purely just to give you practice in the open water</p> <p>OR CLINIC #2 SUNDAY 4TH FEB @ 9AM - SWIM & RIDE ON COURSE.</p>	<p>DONE</p> <input type="checkbox"/>

WEEK BEGINNING 5/2/2024

MON	<p>1000m Swim Warm up 200m Main Set 4x50m hard RI 20secs 100m easy 3x100m as 50m hard / 50m easy RI 30secs Cool down 200m</p>	<p>DONE</p> <input type="checkbox"/>
TUE	<p>45min Run as 15min warm up 3 x 2min hills reps done @ 85%. The recovery is walking easy back down the hill to the start. 10min cool down</p> <p>Option of going to BRT Run Club at Deakin Uni Track Waurn Ponds. Meet at 5pm to start at 5.15pm.</p>	<p>DONE</p> <input type="checkbox"/>
WED	<p>Ride 50mins Easy no efforts and please don't push a big gear. This ride can be extended to 1hr10mins for more advanced riders Strength Program</p>	<p>DONE</p> <input type="checkbox"/>
THU	<p>Swim 1000m 100m warm up Main Set 4 x (4 x 50m hard) 1st set 20secs rest. 2nd set 15secs rest. 3rd set 10secs rest. 4th set 5secs rest. 1min rest between each set. 100m cool down</p>	<p>DONE</p> <input type="checkbox"/>
FRI	<p>REST DAY or if you have missed a day you can make up for it today Pilates</p>	<p>DONE</p> <input type="checkbox"/>
SAT	<p>BRICK SET 20min easy jog before ride 40min ride @ a medium pace 15min run off the bike as 2min @ medium effort / 1min easy effort</p>	<p>DONE</p> <input type="checkbox"/>
SUN	<p>35min Run 15min easy 2 x 1min @ tempo 80% / 1min walk. 3 x 30secs @ 90% / 45sec walk. Focus on good technique and high leg cadence. 10min easy cool down Open water swim 500m optional This can be done in the bay depending on where you live. This is just an easy swim, purely just to give you practice in the open water</p>	<p>DONE</p> <input type="checkbox"/>

This checklist will help ensure you don't forget anything.

EQUIPMENT CHECKLIST

Swim Equipment Checklist

- Bathers or Tri Suit (to wear under your wetsuit)
- Wetsuit
- Goggles
- Anti chaffe (Body Glide or vasoline or similar) so you don't get a rash from your wetsuit.
- Baby oil to put on arms & legs under wetsuit so it comes off easier (make sure you get someone else to apply it so you don't end up with oil on your hands and then goggles.
- Swim cap that you get given at registration
- Timing chip on ankle if given one at registration

Bike Equipment Checklist

- Bike (checked that it is in good working order)
- Bike Shoes or Runners
- Helmet and sunglasses
- Drink Bottle on bike

Run Equipment Checklist

- Runners
- Run Socks (if you wish to put them on for the run)
- Hat, Visor or Sweat Band
- Sunglasses

Extra Equipment Checklist

- Towel - To put down in transition to put your gear on & dry your feet.
- Watch (if wanting to use one)
- Heart rate monitor (if wanting to use one)
- Extra Water bottles (for sipping before the race)

WEEK BEGINNING 12/2/2024

MON	<p>Swim 1000m 100m easy Main Pyramid Set 50m/100m/150m/200m/150m/100m/50m done med to hard pace RI 20 secs 100m cool down</p>	<p>DONE <input type="checkbox"/></p>
TUE	<p>40min Run 10min warm up 10 x 15secs @ 90%/30secs easy 10 x 30secs @ 90%/1min easy 6 x 1mins @ 85%/2mins easy 3min cool down</p> <p>Option of going to BRT Run Club at Deakin Uni Track Waurin Ponds. Meet at 5pm to start at 5.15pm.</p>	<p>DONE <input type="checkbox"/></p>
WED	<p>Ride 60mins Easy no efforts and please don't push a big gear. If you are feeling good you can include 2 x 5mins done as 1min med / 1min hard / 1min hard / 2min easy Strength Program</p>	<p>DONE <input type="checkbox"/></p>
THU	<p>Swim 1100m 100m warm up Main Set 3 x 300m done as 100m swim medium pace, 100m kick, 100m swim medium pace RI 45secs 100m cool down</p>	<p>DONE <input type="checkbox"/></p>
FRI	<p>REST DAY or if you have missed a day you can make up for it today Pilates</p>	<p>DONE <input type="checkbox"/></p>
SAT	<p>BRICK SET - Barwon Heads course if you live in the area 1hr 10min Ride 25min warm up easy 4 x 1min @ race feeling/pace / 2min easy 20min cool down 20min jog off the bike easy 70% effort Make sure this is easy. The purpose of this is so your legs get use to the feeling of running off the bike.</p>	<p>DONE <input type="checkbox"/></p>
SUN	<p>30min Run 10min easy 4 x 30secs @ race feeling / 40secs easy 5min walk. 5min jog Open water swim 500m - optional This can be done in the bay depending on where you live.</p>	<p>DONE <input type="checkbox"/></p>

GO THE GIRLS!!



Here at Beckworth Racing 40% of our athlete intake, including local + correspondence athletes are female.

We love helping everyone of all different capabilities. It's so great to see so many girls out there giving triathlon a go. How cool is that for a statistic?

If you have been thinking about doing some swimming, running or cycling then maybe it's time to join the movement!

Girls make your move, come along for a session and you will find out how much fun it is.

We are here to help and we can't wait to continue to help this wonderful sport grow with the participation!

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WEEK BEGINNING 19/2/2024 RACE WEEK

MON	<p>Swim 800m 200m warm up 8 x 50m done as 25m hard 90%/25m super easy RI 20secs 200m cool down</p>	<p>DONE</p> <input type="checkbox"/>
TUE	<p>REST DAY</p>	<p>DONE</p> <input type="checkbox"/>
WED	<p>Ride 35mins 10min warm up 3 x 1min tempo high leg spinning/1min easy 15min cool down</p>	<p>DONE</p> <input type="checkbox"/>
THU	<p>20min Run 5min warm. 8 x 15secs tempo 80%/2mins easy <70% 5min cool down</p>	<p>DONE</p> <input type="checkbox"/>
FRI	<p>REST DAY</p>	<p>DONE</p> <input type="checkbox"/>
SAT	<p>RACE PREP BRICK SET 20min easy ride 5min jog off the bike easy</p> <p>CLINIC #3 SATURDAY 24TH FEB @ 5:30PM - TRANSITION TOUR.</p>	<p>DONE</p> <input type="checkbox"/>
SUN	<p>RACE DAY! Make sure you do a 10min jog 60mins before race start. Pop your wetsuit on 45mins before the start. Start your walk down as it will take 10-15min. Once there hop in the water to wet the face and turn the arms over before the race, so you don't get a shock of the water temp when you start. Go out enjoy and have fun!!</p>	<p>DONE</p> <input type="checkbox"/>

COME JOIN THE FUN!!



CONTACT US

Adam Beckworth at Beckworth Racing Team

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Email: adam@beckworthracing.com

Website: www.beckworthracing.com

Training enquiries

www.beckworthracing.com/contact

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