

Yearly Over View

January

Well here we are again and it's time do something about those New Year's resolutions by preparing for the up coming seasons. If you're looking ahead to you first season of racing then there are a few things that you'll need to ask yourself to make it a successful and enjoyable one.

- When are you planning to start you season? How many races are you planning to compete in?
- How competitive do you want to be? Would you be happy to just finish a race or do you want to be competitive?
- What form of event's will you be competing in and at what distances? Triathlon, Aquathon, Sprint or Olympic Distance?
- Which of the disciplines are your strengths and weakness'? Swim technique, bike fitness?

It's important that you identify any weaknesses that you may have early in your preparation as they can play a large part in how your season unfolds over the next few months and where the emphasis will be with your training.

If you have raced multi events before, take some time to sit down and write down how you did during you a race last year. Ideally this should be you priority race of the season. Where did you feel that you did well and felts please with your performance? Did you feel strong hill climbing on the bike leg? Did you have a strong finish at the end of the event? These are important factors that should be noted down, what did you do in training that brought you to that level, can you repeat and build upon those successes?

On the flip side, what aspect were you disappointed with? Where do you feel that you could improve? It could be something as daft as getting lost in transition (don't laugh, it happens more that you think!) or not being able to change a puncture on your bike out on the road miles from anywhere.

Something else you could look at is your equipment. How does you bike look? Is it worth having it serviced before you start putting the miles in over the next few months? What sort of trainers are you running in? Why not have a look around in the sales for a good pair of winter training shoes with plenty of cushioning to protect your knees.

Your training at this time of year should be very light and focused on preparing a base fitness. In the pool it's a great time to work on your technique. Try and get along to a coached session to have someone else take a look at your stroke. Dorking Swimming Club has several great Masters Sessions through out the week. It's difficult to do much on the bike at this time of year due to the early nights, but try and fit in one or two hour long rides at a low intensity. It may be worth while taking part in one or two cross country races. Take a look at the clubs running race calendar, you can choose between the Surrey XC League or the MABAC League.