

Swim for Tri Coaching Weekend Sat 11th - Sun 12th June

In association with



Ironman Wetsuits Europe

and

Ironman Stone Mad

Provisional Course Structure:

Sat 11th Gormanstown College Pool Based Tri Drills

Morning: Coached swim and drills session, drafting practice.

Afternoon: Starts, turns around buoys, rough water practice.

Video technique analysis session.

Sunday 12th Skerries Beach Open Water Based Swims:

Times will depend on tides.

Paddle Board led laps around a GPS marked 1.5K course be available for the more experienced swimmer. For the novice a smaller swim will be on offer. It will be possible to pick up tips on sighting, swimming in a wetsuit, group starts, turning around buoys, transitions, wetsuit removal etc etc.

Review of video footage will be upstairs Joe Mays Pub.

This weekend course is open to all members of Triathlon Ireland. The cost is €25.

To reserve your place email chaospress@eircom.net