

Open Water Swim Training

T3Performance

**2XU**  
HUMAN PERFORMANCE. MULTIPLIED.



Sunday June 13<sup>th</sup> or Sunday June 27<sup>th</sup>

**Westhorpe Water Sports Centre, Marlow, Berkshire SL7 3RQ**

T3Performance and 2XU are running open water training sessions specifically aimed at those athletes entered into this years King Sturge Property Triathlon.

The training sessions will be on Sunday mornings (dates above) from 7am to 9.15am. Coaching will be in small groups. After the swim there will also be a coaching talk and tips on racing at the King Sturge Property Triathlon 2010! 2XU are also offering options for wetsuit hire at each of the training sessions as well as for the race itself.

### **Swim Session Details**

- Pre-Swim preparation/ wetsuits
- Approaching your swim comfort and breathing in open water
- Navigation and sighting techniques
- Swim skills (small groups) & practice starts

### **Timetable:**

- 0645-0720 Registration & Wetsuit Hire
- 0720 Pre-Swim Talk
- 0730 – 0830 Open Water Coaching
- 0845 – 0915 Coffee and Tri Race prep talk

Please note there are only 30 places per session. The cost is £45 per athlete.

**To book** for one of the above sessions please email us on [info@T3Performance.co.uk](mailto:info@T3Performance.co.uk)

For information on T3Performance please see the website [www.T3Performance.co.uk](http://www.T3Performance.co.uk)  
Also see location information at [www.openwaterswim.co.uk](http://www.openwaterswim.co.uk)