Growings Coaching Metric Brick Session

Friday, 8th November 2019

This session is suited to:

Athletes planning on racing 70.3 races this season

Beginner triathletes which would like to be eased into “racing” over two disciplines;

Athletes who would like to focus on quick transitions.

Venue : Ghantoot parking

Timing: Self timed, so make sure that you have set your watch up for a duathlon setting ahead of time.

Bike course: 60km/40 km/ 30 km/20 km or whatever your coach tells you (1 loop is 10 kms)

Run Course: 13 km/ 8 km/6 Km/3 km or whatever you coach tells you to do.

Rules and information:

The Bike

We will start with a run to the bike as if practicing T1

No drafting,

No headphones

Helmets are compulsory and so are lights as you will be starting in the dark.

The Run

No earphones on the run.

No littering on the course. Place empty containers back inside the cooler bag once you have had a drink.

There will be a water station in transition as well as at the 1.5 km and 3km mark on the run course. This means there will be water at: 0, 1.5km, 3 km, and finishing point so depending on the length of your run, you will have plenty of opportunity to hydrate.

Order of events

4:50 am Briefing for 60 km/13 km in the carpark

5:00 am Start 60 km/13 km (**You will need lights**)

5:50 am briefing for everyone else

6: 00 am Start for everyone else.

8:30 am Last finisher