

Open Water Swim Training

T3Performance

**2XU**  
HUMAN PERFORMANCE. MULTIPLIED.



Sunday's June 27th and July 4th

**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)

*Note that the June 13<sup>th</sup> date is now no longer available and a new date has been added.....*

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)