

## One to One Triathlon Coaching Events

The Focus on You concept is rooted in the idea that there are some aspects of your sport that are best worked on in a one to one setting.

In a Focus on You Day we'll work on an aspect of your sport which you feel is a weakness. For example, if you're unhappy with your cycling and feel that you lack cycling skill, we'll break this down into workable chunks over the course of a day and work on skills in a progressive manner. The results from such focused personal attention are often astounding!

The Focus on You Weekend lasts from Friday morning until Sunday evening. During this time we'll assess and work on all aspects of your game. A combination of long sessions and focused technique sessions will provide you with the ultimate training experience. Not only does the weekend include training time, but we'll also work through planning your training, check your cycling position (and adjust it if necessary), video your swimming and perform various other tests.

As the name implies, the focus of the whole event is on you and improving your sporting ability - together we'll work intensively on your skills in order to get maximum improvement.