

# Icon1Multisport Triathlon Run and Swim Skills Camp

The Icon1Multisport Triathlon Run and Swim Skills Camp is designed to provide athletes and coaches of all levels with the hands-on opportunity to develop the skills necessary to see the desired results within themselves and/or their athletes. The camp focuses primarily on swim and run skill development as it relates to the sport of triathlon for athletes and coaches. It is a 12 hour course delivered through practical, individualized attention over 2 days.

Attendees can register as either an Assistant Coach or Athlete. The two groups are kept together throughout the camp, but the experience for each does vary. Assistant Coaches shadow USAT Level III Coach Shelly O'Brien as she guides them on how to assess and test athletes, teach crucial elements of swim stroke and run mechanics, and make athletes stronger and healthier. Athletes experience individualized instruction not only from Shelly but from the Assistant Coaches as well. Athletes are also assessed through video analysis and individualized instruction and then taken through the drills and skill development work needed to help improve form and build fitness during the practicums.

## Topics Covered

There are 2 classroom discussions and 6 hands-on practicums. The sessions vary in length from 1 to 2 hours depending on the topic. Each session is listed below with a brief summary. Please note that the content and length of each presentation and practicum is subject to change as they are based on the needs of the attendees.

### **Run Test and Video (90 minute practicum)**

Athletes: Athletes are videotaped individually from several angles for run mechanics analysis during the Run Video Review session. Athletes are also taken through a series of movement patterns to highlight potential areas of weakness or imbalance while being videotaped. The session ends with a series of benchmark tests to give a baseline for progress.

Assistant Coaches: Coaches guide the athletes through the movements and learn how to effectively videotape athletes for later assessment. Coaches also take the athletes through a series of benchmark tests on the track and learn how to apply that information when creating training sessions.

### **Swim Test and Video (90 minute practicum)**

Athletes: Athletes are first taken through a series of movement patterns to highlight areas of weakness or imbalance. Athletes are then videotaped individually from several angles, including under water, for stroke mechanics analysis during the Swim Video Review session. The session ends with a series of benchmark tests to give a baseline for future progress.

Assistant Coaches: Coaches guide the athletes through the warm-up movements and learn how to effectively videotape athletes for later assessment. They also learn how to assess athletes while on the pool deck and utilize on deck and underwater video to illustrate the issues to the athletes. Coaches then take the athletes through a series of benchmark tests in the pool and learn how to apply that information when creating training sessions.

### **Run Video Review (90 minute discussion)**

Athletes: The athlete videos are assessed one by one using Dartfish. Athletes are given suggestions on elements that need to be improved and how to incorporate different exercises and drills into their

training to see improvement. These drills are later incorporated into the Run Mechanics and Fitness Training session.

Assistant Coaches: Coaches help to analyze the athlete videos and learn how to utilize software to highlight mechanical issues. Coaches learn key areas of assessment from various viewpoints and the applicable skill and drill work needed to correct common issues.

### **Run Specific Strength and Skill Work (90 minute practicum)**

Athletes: The run mechanics issues brought up through the Run Test and Video session are addressed through applicable drill work. Athletes are taken through the exercises together, but they are modified for each individual athlete as applicable.

Assistant Coaches: Coaches help to take the athletes through the drills and provide feedback on how the athlete is progressing and outline where adjustments need to be made. Coaches are encouraged to make their own suggestions to the athletes on drills, imagery, etc., that may help that athlete improve. Coaches can participate in the drills if desired.

### **Swim Video Review (2 hour discussion)**

Athletes: The athlete videos are assessed one by one using Dartfish. Athletes are given suggestions on elements that need to be improved and how to incorporate different exercises and drills into their training to see improvement. These drills are later incorporated into the Swim Mechanics and Fitness Training session.

Assistant Coaches: Coaches help to analyze the athlete videos and learn how to utilize software to highlight mechanical issues. Coaches learn key areas of assessment from various viewpoints, including from the pool deck and under water, and the applicable skill and drill work needed to correct common issues.

### **Swim Mechanics and Fitness Training (2 hour practicum)**

Athletes: The stroke mechanics issues brought up through the Swim Test and Video session are addressed through applicable drill work. Athletes are taken through the exercises together, but they are modified for each individual athlete as applicable.

Assistant Coaches: Coaches help to take the athletes through the drills and provide feedback on how the athlete is progressing and outline where adjustments need to be made. Coaches are encouraged to make their own suggestions to the athletes on drills, imagery, etc., that may help that athlete improve. Coaches can participate in the pool if desired.

### **Open Water Swim Training (60 minute practicum)**

Athletes: Since many athletes do not often have access to open water, it is important for coaches to create training simulations that help athletes prepare for a race and develop a race strategy. Athletes are taken through training exercises to improve skills such as sighting, drafting, turning, dolphin diving, and dealing with chaos.

Coaches: Coaches learn different strategies for creating open water simulation training in a controlled pool environment. They assist setting up and demonstrating the drills. Coaches can participate in the drills as well.

### **Triathlon Specific Strength Training (60 minute practicum)**

Athletes: Athletes are taken through a series of strength exercises that are specific to triathlon. All of the exercises are ones that can be done with little to no equipment but that can have a profound effect on an athlete's training. The exercises performed focus on strengthening the muscles and movements needed for the swim, bike and run. Modifications are made on each exercise for anyone requiring it.

Coaches: Coaches assist the athletes in performing the exercises through instruction or serving as a partner if needed. Coaches can also participate in the drills.

## **Triathlon Run and Swim Skills Camp Sample Schedule**

### **Day 1**

07:30 - 07:45 AM	<b>Check-In</b>
07:45 - 08:30 AM	<b>Welcome and Introductions</b>
08:45 - 10:15 AM	<b>Run Test and Video</b>
10:30- 12:00 PM	<b>Swim Test and Video</b>
12:00 - 01:00 PM	<b>Lunch</b>
01:00 - 02:30 PM	<b>Run Video Review</b>
03:00 - 04:30 PM	<b>Run Mechanics and Fitness Training</b>

### **Day 2**

08:00 - 10:00 AM	<b>Swim Video Review</b>
10:15 - 12:15 PM	<b>Swim Mechanics and Fitness Training</b>
12:15 - 01:15 PM	<b>Lunch</b>
01:15 - 02:15 PM	<b>Open Water Swim Training</b>
02:30 - 03:30 PM	<b>Triathlon Specific Strength Training</b>
03:30 - 04:00 PM	<b>Wrap-up</b>