



# TEAM BAREFOOT

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Team Barefoot Training Schedule.

Volume 10, Number 7

13/11/2017 – 10/12/2017

DAY	SESSIONS		SESSIONS
Mon 13th	Swim squad 5:30am The Peninsula School		Swim technique 5:30pm The Peninsula School
Tue 14th			Swim squad 6:30pm The Peninsula School
Wed 15th	Swim squad 5:30am The Peninsula School	Ride 9:15am (time trial bike) Mornington Park	Ride 6:00pm (Time trial bike). Mornington Park
Thu 16th	Run 5:45am Mornington Centro Car Park/Barkly Street lights		Swim squad 6:00pm The Peninsula School
Fri 17th	Run 6:00pm Mornington Park		Swim squad 5:30pm The Peninsula School
Sat 18th	Swim squad 5:30am The Peninsula School		Swim Open water 3:00pm (VENUE CONFIRMED ON FACEBOOK)
Sun 19th	Ride 7:00am (Long) Mornington Park		
	Run 7:00am (Long) Mornington Park		
Mon 20th	Swim squad 5:30am The Peninsula School		Swim technique 5:30pm The Peninsula School
Tue 21st	Swim squad 6:30pm The Peninsula School		Swim squad 6:30pm The Peninsula School
Wed 22nd	No official session due to Ride/Run Thursday. Use this time for easy extra riding and/or running		
Thu 23rd	Swim squad 5:30am The Peninsula School	Ride/Run 9:15am Edithvale velodrome	No official session due to Ride/Run Thursday. Use this time for easy extra sessions riding and/or running
Fri 24th	Swim squad 6:00pm The Peninsula School		Swim squad 6:00pm The Peninsula School
Sat 25th	Ride/Run 5:45am Peninsula Grammar pool carpark		Ride/Run 6:00pm Edithvale Velodrome
Sun 26th	Swim squad 5:30am The Peninsula School		Swim squad 5:30pm The Peninsula School
Mon 27th	Ride/Run 7:00am (T.T bikes/run 1km repeats) Mornington park		Swim Open water 3:00pm (VENUE CONFIRMED ON FACEBOOK)
Tue 28th	Run 7:00am (Long. Extra run optional) Mornington Park		2XU TRI-SERIES
Wed 29th	PRE-RACE TRAINING		
Thu 30th	Swim squad 5:30am The Peninsula School (TPS)		Swim technique 5:30pm The Peninsula School
Fri 1st	Practice Triathlon 7:00am Mornington Park		Swim squad 6:30pm The Peninsula School
Sat 2nd	Pre-race training		Swim Open water 3:00pm (VENUE TO BE CONFIRMED ON FACEBOOK)
Sun 3rd	OFFICIAL DAY OFF OR EASY CATCH UP DAY		SUFFERFEST SAFETY BEACH
Mon 4th	Swim squad 5:30am The Peninsula School (TPS)		Swim technique 5:30pm The Peninsula School
Tue 5th			Swim squad 6:30pm The Peninsula School
Wed 6th	Ride 6:00pm (time trials) Mornington Park		
Thu 7th	Swim squad 5:30am The Peninsula School	Ride 9:15am Mornington Park	Swim squad 6:00pm The Peninsula School
Fri 8th	Run 5:45am (speedwork) Mornington Centro Car Park/Barkly Street lights		Swim squad 6:00pm The Peninsula School
Sat 9th	Run 6:00pm (speedwork) Mornington Park		Swim squad 5:30pm The Peninsula School
Sun 10th	Swim squad 5:30am The Peninsula School		Swim squad 5:30pm The Peninsula School
	VB200 ADVENTURE RIDE 6:30am/6:45am/7:00am		OPEN WATER 3:00pm (VENUE CONFIRMED ON FACEBOOK)
	Run 7:00am (Long) Mornington Park		

**MONTHLY TIP: Health and medical checks, health and medical checks, health and medical checks.**



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### Instructions:

- Week 2: The new 2XU Tri-Series (ex Gatorade). Get your entries in now to avoid the rush.
- Week 3: Sufferfest Safety Beach.
- Week 4: The Infamous VB200 with 150 and 125 distances also on offer. See Stephen for details
- Please note: Wednesday evening swim squads are now combined into one longer session starting at 6:00pm
- Coaching fees are due week 1. If you cannot pay in week 1 (for those on the 4 week plan), please inform me to make other arrangements. 4 week plans to be paid by bank transfer or by direct debit.
- Drink a glass of water before each training session to ensure adequate hydration levels.
- It is **COMPULSORY** to have the following at each ride session: SPARE TUBE, TIRE LEVERS, REPAIR KIT, PUMP, MONEY AND LIGHTS if we are riding at night. **NO EXCEPTIONS.**
- It is highly recommended to be financial members of Triathlon Australia for insurance reasons.
- Please have a thorough medical/health check before undertaking any training program with us (See me for further details).
- iPod ear speakers and ear phone devices are strictly banned at all ride and run sessions for safety reasons.
- It is highly recommended that you be a member of Triathlon Australia for insurance reasons and also have your own insurance to be safe.

### Training venues:

- The Peninsula School swimming pool/athletics track: Gate 7, Nepean Hwy Mt Eliza.
- Ballam Park Athletics Track, Bananee Drive, Karingal.
- Frankston Pier: Nepean Hwy Frankston.
- Mornington Park and Mother's Beach: Schnapper point Drive, Mornington.
- Oliver's Hill Jetty: Nepean Highway, Frankston.
- Velodrome: Edithvale Rd, Edithvale.
- The 'Garage': Unit 1/3 Lucerne Avenue, Mornington.
- Licciardo's Gallery Bar & Grill: 1408 Nepean Highway, Mt Eliza.
- Mornington Centro Cole's car park: Corner Barkley street traffic lights.
- Frankston Yacht Club (behind Davey's Hotel on the beach side of Kannanook Creek).

### Perceived effort level chart:

Terminology		Names		Perceived effort of maximum	
Common term		Technical name	Common name	Average fitness	Super fitness
E1	L1	Recovery	Easy	50 -60%	45-50%
E2	L2	Aerobic	Endurance	60-70%	50-70%
E3	L3	Aerobic Threshold (Ae.T)	Tempo (½ Ironman)	70-75%	75-80%
E4	L4	Lactate Threshold (L.T)	Race pace (Sprint/Olympic)	80-85%	85-90%
E5	L5	Anaerobic	Sprint	90-95%	90-100%
E6	L6	Impossible	Forget about it	∞	∞



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#### **Team Barefoot Practitioners/Services:**

**Stephen Foster. Diploma of Therapeutic Massage. Mob: 0413319140.**

Remedial /Sports/Dry needling/Relaxation/Recovery.

Stephen has worked with many State, National and World level athletes and was a team masseur with the winning Jayco National Cycling Team at the 2006 Jayco-Sun Tour.

**The Sports Injury Clinic. 365-367 Nepean Highway Frankston. Tel: 9783 9990**

Many years of experience working with some of Australia's leading specialists has seen The Sports Injury Clinic are a leader in their field in sports rehabilitation, facilitation and integrated health. Owned and operated by Team Barefoot squad member, Al Hanson and wife Pippa, all Team Barefoot squad members qualify for a \$55 flat rate fee on all physiotherapy appointments. Mention Team Barefoot when booking or see Stephen Foster for details.

**Nepean Naturopathic Centre. 18 Hartnett Drive, Seaford. Ross McLaren Tel: 9785 7885.**

**Ross McLaren** has worked with some of the best in sport including Olympic representatives and World Champion Triathletes. He is Team Barefoot's Naturopath. Ross was also an Elite level age group triathlete.

**Sports Medicine: Dr Tim March. The Sports Injury Clinic 9783 9990. (The Sports Injury Clinic)**

Tim has practiced sports medicine for over 30 years and has a wealth of knowledge having worked with many athletes from beginner to elite level as well as women's hormonal issues.

**Dr Bethan Knapp.**

Bethan has had many years' experience working with athletes and division one soccer teams in England and was a nationally ranked runner and triathlete in Great Britain.

#### **Coaching fees:**

**Contact Stephen Foster: 0413 319 140**

**4 weeks Triathlon: \$170 (\$42.50/week). Paid within the first week by bank transfer or direct debit.**

**• Unlimited training sessions (swim/bike/run/circuit training).**

- General training plan set up and ongoing meetings as necessary.
- Technique development swim/bike/run.
- Bike/shoe set up evaluations/adjustments.
- Fitness testing ongoing.
- Administration.

**4 weeks written training plans: \$90 (\$22.50/week). Paid within first week by bank transfer or direct debit.**

• Casual training fees apply for midweek individual sessions attended and can be paid for by purchasing a TRI-CARD or SWIM CARD (see prices and value below). This eliminates the need to bring cash.

**TRI-CARD: \$199 (Value: \$235 worth of casual fees approximately). Eliminates the need to bring cash.**

- 20 x swim, cycle and/or run sessions.
- This card is only available for those doing swim, ride and run sessions.
- Bank transfer or cash. Valid for 12 months.

**SWIM-CARD: \$110 (Value: \$120 worth of casual fees). Eliminates the need to bring cash.**

- 10 X Swim sessions.
- Bank transfer or cash. Valid for 12 months.

**Casual training fees: Paid at time of session.**

- Swim squads: \$12
- Thursday ride or Ride/Run session: **\$10.**
- Circuit training: **\$5.**
- Special training events/practice triathlons may incur a fee for trailers and driver costs: **\$10-\$20**
- Weekend rides, runs, ride/runs: **FREE.**
- Practice triathlons (ocean swim) **FREE.**
- Open water swim sessions (Wednesdays/Saturdays or Sundays from October to April) **FREE.**
- Consultation to discuss training, racing, etc: **\$55.**

**Bike and cycling shoes set up: \$55 (Stephen Foster)**

- Over 25 years' experience working with State, National and World ranked athletes.