



70.3 Half Iron Man coached group training starts on 1st August 2011

If you are considering entering Half Ironman 70.3 in January 2012, or have already done so, then now's the time to start think about training for it. If you are currently swimming a kilometre nonstop, riding 50kms on the road and running 8-10kms then you are at the level that Embark requires to begin with the group training in August. If you are not currently at this level and require some help and motivation to get there, then get in contact with us and join the existing group that is currently on the build up program.

How the training works

Embark has been set up to guide first timers through the process of completing a triathlon. Embark runs all year round, but from August we focus particularly on 70.3. Even if you have completed the distance before, the coaching and group sessions that Embark offers will prove invaluable to your overall experience.

Embark offers a coached swim session, run session and bike session each week, and you also receive a weekly program to complete on your own, in your own time. The advantage of group training is that it keeps motivation levels up and aids in healthy competition for progression. As the sessions are coached, there is always a coach available to ask questions and answer queries.

During the months leading up to the race, we will complete single discipline races to get us prepared for the distances. For example 10km, 15km and half marathon running races, 60km-80km-100km PPA road cycling races, and sea and dam swims. We will also train the disciplines together, back to back ie: brick sessions.

We get nutritional experts in to give us guidance about training and preparing for race day, and we assist in correct equipment choice for the race. Although Embark takes utmost care in injury prevention, should you get injured, we are aligned with professional biokentisists , physio-therapists and leading sports practitioners in order to recommend the best in the industry.



Below is a selection of races that we will be entering leading up to the BIG race day in January:

- 18th September, ATC X-Roads Sprint Triathlon 600m swim-20kmbike-5km run
- 26th September, Cape Town 10km city run
- 2nd October, Clan William Weekend. Long Swim 1.5km and triathlon 700m swim-20kmbike-5km run
- 10th October Gun Run, 10km or 21.1km (half marathon)
- 24th October West Coast Express Fun Ride , 60kms, 80km or 100km
- 29th October Slanghoek Triathlon (1.1 swim/52km bike/12km run)
- 6th November Land Marks Half marathon 21.1km
- 16th November, Klein Joonsteberg Fun Ride, 80km, 100km
- 5th December Energade Sprint Triathlon
- 12th December Western Province Trials Olympic Distance Triathlon (TBC)
- 19th December Jail Break mini, 1.1kmswim-50km bike-12kmrun (Book early as this fills up)
- 22nd January 2012, 70.3 Half Ironman



You can attend as many of the coaching sessions as you please, or you can just follow the program on a weekly basis. All the sessions that we do are prescribed in the program. We just recommend that you attend the sessions so that the coaches can keep an eye on your progression and fix any incorrect technique or form before it becomes a problem.

As the structure of Embark is group training, you are much safer training in the groups than on your own. This means that we get routine into our training, and with routine then progression is inevitable. Another advantage of the group training is that you will always find someone in the group to challenge you. You might be better in the water, but there is always someone stronger on the bike for you to chase!



Should you wish to find out more about the Embark program please check out the website at www.embark.co.za or contact Steve Attwell on 082 739 9010 or steve@embark.co.za