



# 3YO TRAINING CAMPS NEWSLETTER

Term: Spring | Issue 1 | Date: November 13, 2018 | [www.3yo.co.uk](http://www.3yo.co.uk)

## FROM THE COACH

What a year 2018 turned out to be ! The dream seed was planted back in Kona 2014 observing and admiring, the fierceness and camaraderie of super coach Siri Lindley & her tribe of pro triathletes . We wanted a part of that. Only 4 years later the dream is alive to be back at Worlds this time with our coached athletes and a host of athletes that been on camp with us. Few more qualified for XTERRA world champs and a heap of our athletes with personal inspiring achievements. Our training camps is going from strength to strength will full booking of 3YO happy campers in the summer of 2018. We are super excited what the new seasons will bring of all things swim bike run under the African sun!



© David Papenfus / [www.davidpapenfus.com](http://www.davidpapenfus.com)

## SQUAD SESSIONS

### Monday

11:00 AM : Squad swim @Paul Roos pool

### Tuesday

5:30 AM: Track session @BMT  
6:00 PM : Trail run 5/10km @Boschendal

### Wednesday

6:00 AM: Hill repeats, tempo (bike) @BMT / D&D Statue  
11:00 Squad swim @Paul Roos Pool

### Friday

5:30 PM: Open water swim @Boschendal)

### Saturday

5:30 AM: Long ride @BMT (once a month)

## COACHING

3YO coaching philosophy is to match a personalized training template to the athletes unique life template rather than the other way around. Understanding the athletes WHY is integral part of motivating from within, build athlete's confidence, and ultimately making their dream goal a reality. 3YO coaching journey starts from the initial meeting to understanding the athletes history, current lifestyle and effectively setting goals. To building a personalized progressive program to meet the those goals and the most fun part celebrating those successes!

## LOCAL TRIATLON RACE DATES

November 10 : Race to Stanford

November 25: 150 Bela Bela

December 1: Woolworth Off-road

December 15: Lomond Off-road

January 13 : Jailbreak

January 27: Ironman 70.3 EL

February 9-10 : ITU Cape Town

February 23 : XTERRA Grabouw

March 23: Warm water weekend

April 7: Ironman Port Elizabeth

April 26-28: Walkerbay Extreme

June 2: Ironman 70.3 Durban

## TRAINING CAMPS

The new season has kicked off and we can't wait to share our training playground with everyone from near and far away. Most of our camps runs from Friday to Friday alas we are happy to accommodate additional days. Have a peak at our website for special dates coming up in the near future or we can tailor make your camp depending on your needs & size of the group.



## DAY TRIPS

Can't quite fit in a whole training week into your romantic South African getaway or family holiday, how about the odd day trip in between your other holiday plans?

Take a look at 3YO's for half day or full day trips website on offer.

We also run triathlon day clinics from time to time for the little ones starting early December,

Pop us an email if you are interested in receiving more informations.

[info@3yo.co.uk](mailto:info@3yo.co.uk)

## HOT OF THE PRESS: NEW 3YO KIT



It taken some time to find the right partner. We are excited to announce together with Fluidlines-Orca we have a fully customized collection of 3YO kit : an aerodynamic club tri-suit, cycling kit (top and bib) and a running shirt.

Our new kit ticks all the boxes - cooling, speed, comfort, aerodynamics and last but not least, it looks the part of 3YO style, colors and general HOTNESS!

3YO has finally placed our first order! For the month of October we had on special on 3YO kit at massive discounted price, thanks to an generous anonymous sponsor!

Let us know what you think of our new kit, a little birdy chirped this is just a sketch which doesn't come close to the real deal.

For those of you who don't know Fluidlines offers the whole spectrum of tri-apparel and gear which you can now buy directly from 3YO. Take a sneak peak at our website of gear and apparel to be ordered.

## 3YO TRAINING CAMP DATES

November -May : Triathlon camps

November -May : Cycling camps

November -May : Swim camps

November -May : MTB camps

November -May : Group camps

November -May : Family camps

December 28-Jan 4 : Triathlon New Years camp

March: -Ironman SA camp

March : Marathon / 2 Oceans camp

March: Argus cycling camp

TBD : Trail running camp

TBD : Swim weekend Langebaan

TBD : Training weekend Trails end

All our camps can be found here



# ATHLETE OF THE MONTH

**Joanna Wiśniewska** successfully completed her very first Ironman in Barcelona, with the biggest smile of the day! Her journey started with a 3YO New Year training camp 2017/18, to joining 3YO for personalized coaching. Her highlights this year is doing Marbella 70.3 slightly under-trained, to taking on the grueling L'Etape du Tour de France .One of the 21 stages of du Tour,3900 m ascent and 170km of "sweat, tears & immense pedaling joy". 2 weeks before IM Barcelona an unfortunate turn of events shook Joanna to the core, however she manage to turn it into her secret weapon to power her on and realizing her dream to become an Ironman! **@Joanna** massive inspiring achievement!!! Well done.

Term: Spring | Issue 1 | Date: November 13, 2018 | [www.3yo.co.uk](http://www.3yo.co.uk)

## 3YO T-SHIRT CONTEST

### It competition time !

Send in your favorite picture with 3YO t-shirt before December 1st to stand a chance to win 3YO prize!

The winner will be announced in our next Newsletter.

Check our website to check all the pictures already entered into the competition!

Send your vote to [info@3yo.co.uk](mailto:info@3yo.co.uk)

or WhatsApp to Coach Annchen

before 1st of JJanuary 2019!

PS. You can't vote for yourself



## OUR SEASON

**3YO Coaching :** We started last season with 3 coached athletes, now it varies between 20-25 athletes.

**3YO Training camps:** We have had athletes around the globe England, Sweden, Switzerland, Hong Kong, Netherlands, Poland, USA, Scotland, France, Norway, Canada and Germany.

**World Champs:** 7 of our camp and 4 coached athletes qualified for Ironman WC 70.3. 3 Athletes for XTERRA WC and 1 athlete for ITU WC. 7 first timer successfully completed their first IM, 9 their first IM 70.3 , 13 first time triathletes, 1 first ultra marathoner, many first time 1/2 -full marathoners.

## RACE TALES

Ironman races our athletes successfully completed this year:

Ironman South Africa, Whistler, Winsconsin, Marbella, Durban, East london, World Champs 70.3 Port Elizabeth, Portugal, Phillipines, Langkawi,

### Marathons:

Cape town marathon, Comrades, ultra marathon, Red hill marathon, Riebeek marathon, Two oceans ultra.

Check out athletes race tales here:

## OUR PARTNERS FLUIDLINES & BMT

Fluidlines is in the KNOW! The leader in the South African triathlon market in quality products from triathlon apparel to gear. Their involvement in the sport of triathlon runs deep and we much look forward to solid partnership .

Coach Annchen is chairlady of the BMT triathlon club and endeavor to grow the club with 3YO as affiliated coaching academy. 3YO runs a number of squad sessions from BMT including OWS and trail runs with BMT as partner at Boschendal estate.