

Training Times

Pentathlon requires training across a wide range of disciplines, some skilled and some physical. With this in mind OUMPA runs a two tiered training programme with “core” sessions which cover all the bases and will have coaching for beginners, and “extension” sessions for those who want to do more. If you can only come to a few sessions a week make sure they are “core” ones!

Day / Time	Session	Location
Mon	off	wherever
Tues 4-6pm	Fencing(extension)	Cricket Schools
Tues 9-10.30pm	Swimming (core)	Rosenblatt Pool
Weds 5-7pm	Combined (core)	Cricket Schools
Weds 8.30pm	Social (core)	Vinnies
Thurs 9-10.30pm	Swimming (core)	Rosenblatt Pool
Fri 6-8pm	Fencing (core)	Cricket Schools
Sat 9-10am	Shooting (extension)	Cricket Schools
Sat 10am	Running (core)	South Parks
Sun 8.30-1pm	Combined/Fencing (extension)	Cricket Schools
Sun 5-6pm	Swimming (extension)	Rosenblatt Pool.

Fencing: One of the most important events in pentathlon, it is the only event where you can take points away from your opposition. Hence it’s a good one to train in. On Fridays OUMPA will have a coached session starting with the basics in Michaelmas. The session will include footwork, exercises and free fencing at the end. All kit is provided by the club. On Tuesdays there is a further opportunity for free fencing. Non marking shoes, a tracksuit and a bottle of water are a good idea.

Swimming: On Tuesdays there will be stroke tuition for those who want to work on their technique, and a set for those who are happy with their stroke. The reps on Tuesdays are joint with the triathlon club and so focus on building endurance. On Thursdays the pentathlon club trains on its own and the session is more sprint orientated. If you want to join in there will be people going down the pool to train in public swimming time on Sundays.

Running: Along with swimming one of the easiest events to improve in. On Saturdays the club does hill repetitions in South Parks which a good for improving both speed and endurance. Sticking to the grass in the park is a good idea as running is also one of the easiest events to pick up an injury in. Wear trainers, tracksuit and running kit.

Combined: This is where it all fits together. On Wednesdays there will be exercises and work cycles for shooting, followed by shuttle runs and circuits to get your heart rate up in order to practice shooting fast under competition conditions. There’s no point being great at running and shooting if you can’t string them both together in the combined event. Guns, targets, ammo etc are all provided by the club. Wear a tracksuit with running kit underneath it and trainers. On the weekend there are opportunities for further shoot training.

Riding: information about training goes out on the mail list on a weekly basis.

Social: Wednesday @ 8.30. No early morning training on Thursdays so no excuses. Essential 6th and 7th event prep.