



Tri Dynamic Edinburgh Pool & Open Water Workshop with Dan Bullock

Tri Dynamic has teamed up once again with Elite Coach Dan Bullock, this time to offer triathletes in Scotland a fantastic opportunity to work with the best triathlon swim coach in the UK. We are coming to Edinburgh to organise a unique Pool & Open Water Swim Workshop with [Swim For Tri](#) Head Coach, Dan Bullock, who will be in Scotland for 2 x one day swim workshops on SAT 8th & SUN 9th September. The workshops will begin at the newly renovated [Royal Commonwealth Pool](#) for swim video analysis and classroom sessions with Dan Bullock. Then in the afternoon the Open Water session and coaching will take place at nearby Portobello Beach, with its beautiful long sandy beach located a few kilometres East of Edinburgh. Portobello Beach is easily accessible via public transport, car and bike. Our meeting point will be the [Portobello Swim Centre](#). For a MAP & [directions follow this link](#).



Dan Bullock is a National Open Water Champion, former 220 Triathlon Coach of the Year and ASA British Masters Champion who regularly swims under 18 minutes for a 1500m. He coaches Pro triathletes as well as helping hundreds of Age Groupers improve their swimming. Swim For Tri has already had 2 athletes qualify for Kona and one for Las Vegas this year. This workshop is perfect if you are looking to step up your performance in your next race, either in a pool based or open water triathlon or swimming event. It also conveniently falls just before the Edinburgh Swim Festival the following week at Portobello Beach. Places will be limited to just 15 athletes to ensure everyone gets as much attention as possible from Dan Bullock. Dan's expert coaching and attention to detail on our [Swim Faster Camp in sunny Tenerife](#) last year resulted in massive improvements in efficiency and technique all round with one of our swimmers going on to knock over ¾ of an hour off her 10K Open Water Swim PB in her next race.

Edinburgh Pool & Open Water Swim Workshop with Dan Bullock – What's included?

- Coaching from the UK's top triathlon swim coach, Dan Bullock
- Videos of your swimming both underwater and on the surface
- Classroom session including individual video analysis of your technique and how to improve
- The opportunity to get back into the pool & apply what you have learned under Dan's guidance

- Open water coaching from Dan Bullock covering all aspects of swimming & racing in open water
- Your video footage sent to you after the event to review

SAT 8th & SUN 9th September AM Session – Pool Workshop

Venue: Royal Commonwealth Pool, Dalkeith Road, Edinburgh, Midlothian, EH16 5BB

- 08:15 for 08:30 start
- 08:30-09:30 Briefing & filming of the swimmers using under and overwater cameras
- 09:45-11:15 Classroom session & review of each individual's video footage
- 11:30-12:30 Back in the pool to apply what you learnt in the classroom

SAT 8th & SUN 9th September PM Session – Open Water Workshop

Venue: Portobello Swim Centre, 57 Promenade, Edinburgh, EH15 2BS (limited parking available)

- Athletes arrive at Portobello Beach in wetsuits and changed at 13:45 for 14:00
- 14:00-16:00 Open Water Clinic with Dan Bullock covering all aspects of open water racing from starts, and exits, wetsuit entry and exits, pack swimming, drafting, sighting. We'll end the afternoon with a friendly race simulation to get you ready for your next triathlon!



Price: £150 (£145 for club members) Places are limited to just 15, so early booking is advisable to avoid disappointment. Visit www.tridynamic.co.uk