

Triathlon Pack – Swim – Cycle – Run

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Tollcross International
Swimming Centre



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Swim into Transition

- The three disciplines in a triathlon event are swimming, cycling and running.
- Stage 1 is swimming; stage 2 is cycling, and stage 3 is running.
- You can swim any stroke – front crawl is the favourite as it's the fastest stroke to swim.
- The time in between each discipline is known as the transition.
- During the transition you must prepare yourself as quickly as possible.
- The faster a triathlete is during both transitions the faster their overall time will be.



Tollcross International Swimming Centre

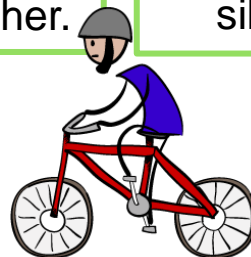


Task

- Time yourself getting dressed in the morning.
- Time yourself making your bed in the morning.
- Time yourself doing both tasks together.

Challenge

- By laying your clothes out in the correct order and being focused on the task, can you get a faster time?
- Now become the timekeeper and time a sibling doing a simple task.





Swimming Home Front Crawl Workout

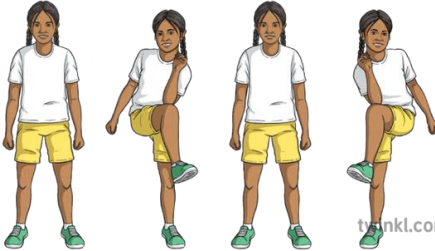
Task

Complete the activities below.
Here's a [link](#) to a video demonstration.

Challenge

Repeat the circuit, how many times can you repeat?

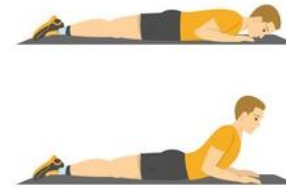
1. Knee to elbow running.
60 seconds



2. Squats to high arms.
60 seconds



3. Back raises.
60 seconds



4. Alternate arm lifts,
lying on stomach.
60 seconds



5. Push up,
2 mountain climbers.
Repeat.
30 seconds



6. Flutter kicks on stomach.
30 seconds.



7. Pike, alternative arm pull.
30 seconds



Front Crawl Breathing for Beginners- improve your water confidence.

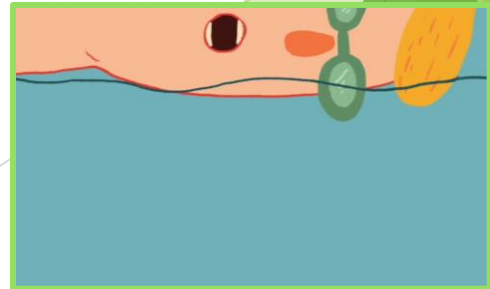
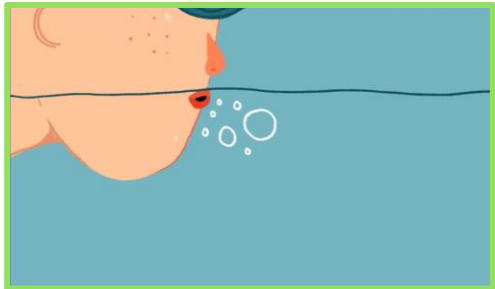
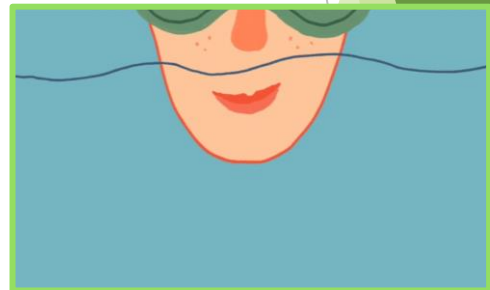
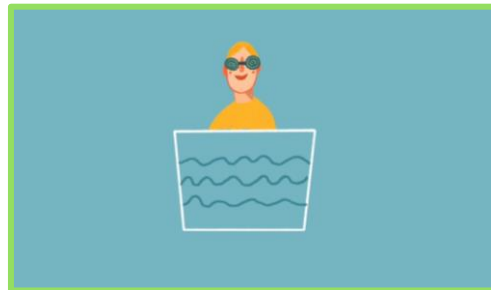


 You will need an adult to help supervise with this task.

The breathing technique is a vital part of learning to swim front crawl. Learning to **breath out under water** will help with front crawl breathing action and improve your water confidence.

- Task**
- You can practice your swimming breathing skills at home.
 - Press Ctrl and click on this [video](#) link and follow the instructions.

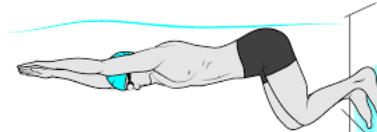
- Equipment**
- A basin filled with water.
 - A pair of goggles (only if you have some at home).



Streamline



Streamline Position



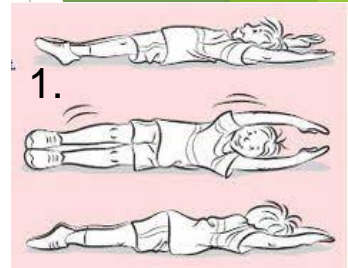
Push Off the Wall



Task: Practise how to stay 'streamline' by doing these activities

1. Streamline Position:

- Lie on the floor with your arms and legs fully stretched and straight, remember to keep your hands together and toes pointed!
- Squeeze your arms and legs together and tense your tummy muscles.
- Roll on to your front and continue rolling on to your back.
- When rolling, were you in a 'streamline' position throughout?



1.

2.

2. Push off the Wall: How many can you do?

- Stand with your feet a comfortable distance apart.
- Place your hands above your head in a streamline position.
- Squat down and up, remember to keep your arms streamline.



2.

Swimming Backstroke Workout



Task

Complete the activities below.
Here's a [link](#) to a video demonstration.

Challenge

Repeat the circuit, how many times can you repeat?

1. High Knees.
60 seconds



2. Squats to high arms.
60 seconds



3. Lunge ups.
Left leg then right leg.
60 seconds each



4. Reverse plank
with arm reach.
30 seconds



5. Mini v-sit ups.
30 seconds



6. Flutter kick on back.
30 seconds



7. Plank twists.
30 seconds



Dryland Breast-stroke

Task

- Lie across the stool or chair on your tummy
- Your arms in line with your shoulders
- Your legs are slightly lower than your hips.

First try the **breast-stroke legs**.

- Squeeze your legs together, turn your feet out to the side and toes up towards your shins.
- Bend your knees bringing your heels towards your bottom.
- Quickly kick your legs out wide then squeeze them together again.
- Repeat several times.

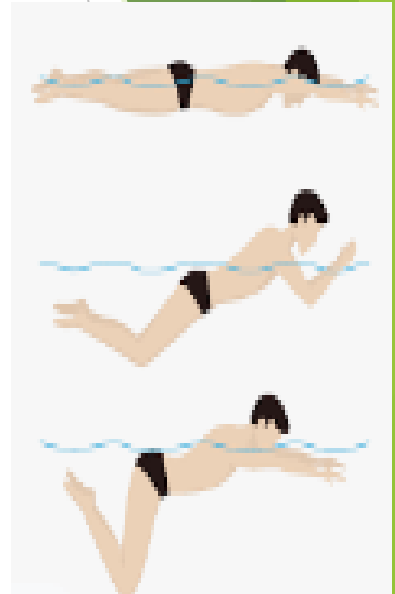
Now for **breast-stroke arms**.

- With your hands under your chin, squeeze your fingers together and cup your hands.
- Stretch your arms out in front.
- Pull your arms backwards and downwards until they are in line with your shoulders.
- Bring hands back to starting position under your chin.
- Repeat several times.

Now put the **leg kick and arm pull together** in this pattern.

PULL – KICK – GLIDE

- Notice that arms and legs do not work at the same time, but at slightly different times.
- Once the stroke is mastered you can try the breathing.



Swim Turns



Task: Practise your turns by doing these activities.

Rocking on your Back

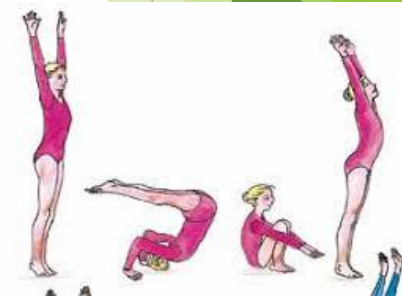
- Lie down on your back on something soft.
- Tuck your knees into your chest, hold them with your hands.
- Tuck your chin in to your chest and rock backwards and forwards.



Rocking on your back

Forward Roll to Stand

- Begin in a crouch position with your arms reaching up.
- Take your weight onto your hands with 10 fingers on the ground.
- Fully tuck your head into your chest, so that contact with the ground is made with the back of the head.
- Stay tucked and push strongly with feet to go head over heels.
- Continue rolling onto your feet, reach forward and stand up.



Tucked forward roll

Transition into Bike

- Triathlon - swimming, cycling and running.
- The time in between each discipline is known as the transition.
- During the swim to cycle transition, you walk or run your bike out of the transition area to a designated mount line.
- Once over the mount line you can get on your bike.



Task

- With each hand on the handlebars, walk your bike up to the hoop or marker.
- Walk your bike around the hoop or marker.
- Then get onto your bike and cycle back to the start.



Start/Finish
line



Task

- Complete the task above with 1 hand on the handlebar, the other hand on the saddle.
- Try doing it at different walking speeds.
- Can you go faster and run at different speeds then hop on your bike to cycle?

Challenge

- Some triathletes walk or run with 1 hand on the saddle and the other hand out at their side for balance.
- Try this walking, making sure the front wheel points in the direction you are going.
- This is tricky and will take some practice.

Bike Balance – Don't Put Your Feet Down!

Task

- Cycle slowly around a set area.
- Can you stay within the markers?
- Can you steer your bike around the corners?
- How slow & controlled can you be?

Just Don't Put Your Feet Down!

Challenge

Make it harder by making the area smaller.

Make sure an adult is supervising & you're wearing your helmet!

Concentrate on your steering.

Pedal slowly.

This exercise will

- Make it easier to ride for longer.
- Improve your control of your bike.



Bike Balance Strength – Ups and Downs

Task

- Find a flat area to ride your bike on.
- Ask another person to help you.
- When your partner shouts 'up', stand up on the pedals and keep pedalling.
- When your partner shouts 'down', sit down in the saddle and keep pedalling.

This will help you to climb a hill or put in a burst of speed.
You may need to change gears for this.



You could even try 'gliding' - stand up on the pedals and keep them level.



Don't forget adult supervision & wear your helmet!



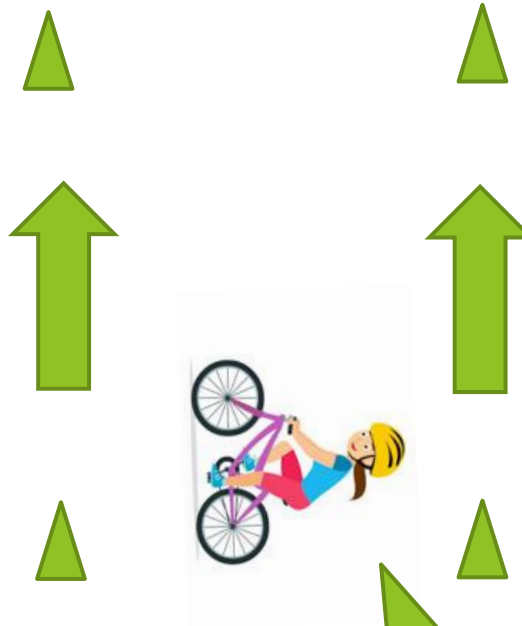
Bike Balance Control – Slow as You Can Go

Task

- Make a start and finish line.
- Cycle as slow as you can from the start to the finish.
- Try to cycle in a straight line - no weaving or zig zagging.

Challenge

- Have a slow race with friends or family.
- Last one there is the winner!
- Time yourself- how long can you make it last.



Concentrate on your balance.

Keep Practicing.

Always wear a helmet & make sure an adult is supervising.

Bike Balance Control – Figure of 8

Task

- Put down 2 markers you can cycle around
- Or chalk out a figure of 8 on the ground.
- Pedal around the figure of 8.

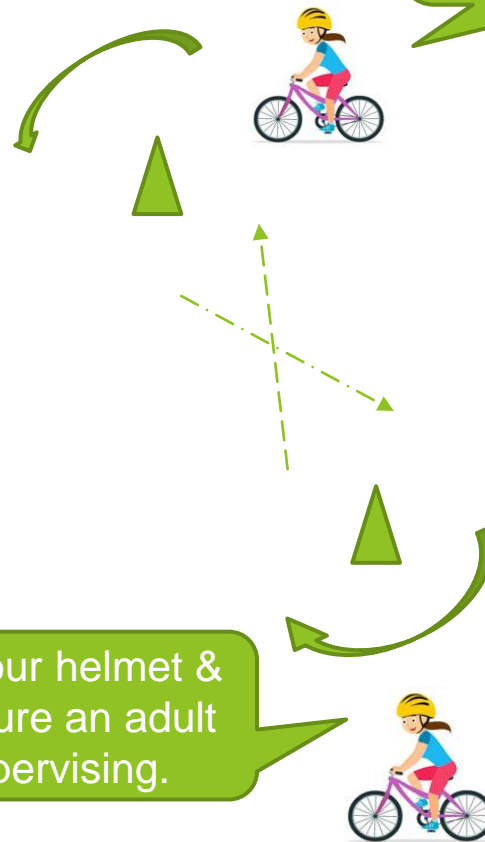
Is it easier to go slow or quick?

Can you change gear?

Wear your helmet & make sure an adult is supervising.

Keep looking where you're going! This will stop you from getting dizzy!

- It's tricky to not pedal when you're going round the corners
- Keep practicing!
- As you get faster, you'll be able to glide round the corners easily.



Bike Balance Confidence – Say Hello!

Task

- Pedal around a wide, flat area
- When you are cycling straight, take 1 hand off the handlebar.
- Now try the other hand.

If you find this tricky, start with lifting a finger, then some more until you can take your full hand off.

Challenge

- Can you take your hand off long enough to 'High 5' a friend?
- Can you wave hello?



Don't forget – you must wear your helmet & get an adult to supervise.

This skill will

- Help you to stay safe when you're allowed to ride on the roads.
- Help you signal to others what direction you want to go.



If you have a water bottle on your bike, you might be able to drink from it while you're pedalling.

Transition into Run

- Triathlon - swimming, cycling and running.
- The time in between each discipline is known as the transition.
- During the transition you must prepare yourself as quickly as possible.
- The faster you are during both transitions the faster your overall time will be.

Task

T-shirt relay



- Lay your spare t-shirt in the hoop.
- Run to your t-shirt and put on quickly.
- Run back to start line and tag the next player.

Task

Helmet relay (no helmet? Use a hat)



- Lay your helmet in the hoop.
- Run to your helmet and put on quickly.
- Run back to start line and tag the next player.

Task

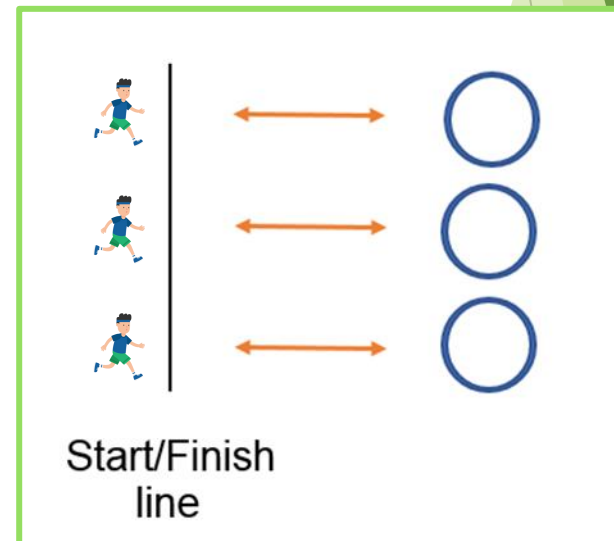
Trainer relay



- Lay your trainers in the hoop.
- Run to your trainers and put on quickly (no loose laces).
- Run back to start line and tag the next player.

Challenge

- Time yourself, can you beat your time?
- Do all 3 tasks as one relay race.
- Move the hoop further away (longer run).
- Do 5 press ups then run to the hoop.



Triathlon – Track Running

Daily Mile Challenge

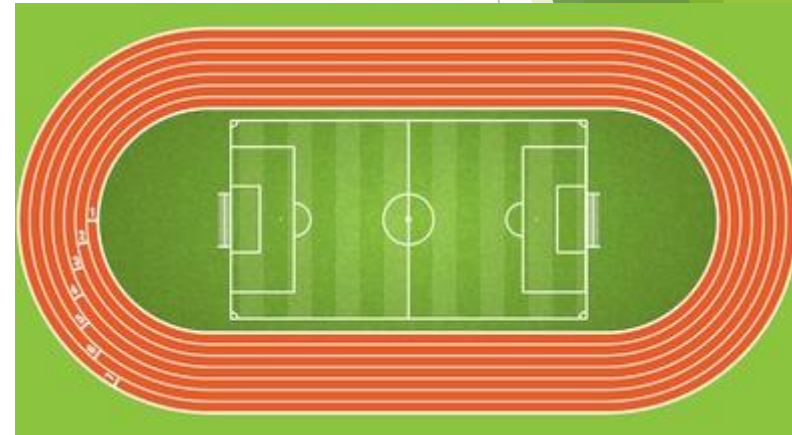
- A lot of schools take part in the daily mile, you can walk, jog or run.
- Sometimes the running part of a triathlon is on a running track.
- 1 lap of a running track is 400m
- 1 mile is 1600m, therefore, how many laps of a track will you have to run?
- If your school has a football pitch, running around the outside of it is slightly smaller.

Task

- Outside, measure out a large area in your playground, pitch or garden/park if you're at home.
- How big is the area?
- How many laps would you need to do to run a mile?
- You can switch between running and walking. Off you go!

Challenge

- Do it with a partner/sibling and time each other.
- Try it next week to equal or beat your time.
- Each week think about increasing the number of laps you run compared to the laps you walk.



Triathlon – Lamp Post Run

Triathlon

- Running is the last stage of a triathlon.
- It is important to leave enough energy to complete this final stage.
- Practicing running at different speeds will help you learn to pace yourself during a long activity.

Task

- Go outside with a member of your household.
- Walk from one lamp post to the next then jog to the next lamp post.
- Keep this pattern of walking and jogging between lamp posts for **10** minutes.
- Can you add a sprint in during the **10** minutes?
- Be careful when crossing roads.



Challenge

- If you have a good level of fitness, you can jog and sprint between lamp posts with no walking.
- Increase the time you are active for to **20** or **30** minutes.
- Good luck.



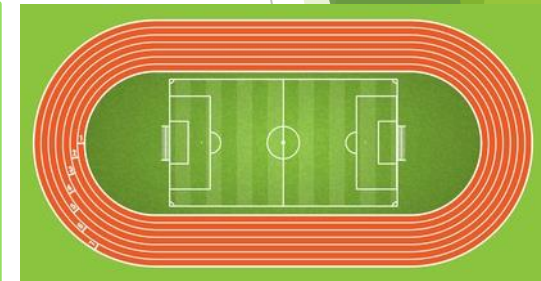
Triathlon – Heart Rate Monitoring

Heart Rate

- Understanding your heart rate (HR) when exercising can help you see how hard you are working.
- To measure your HR, press your first 2 fingers on your neck just under your chin.
- You should feel a slight pulsing.
- You can also place your first 2 fingers on the underside of your wrist.
- Count your pulse for 6 seconds then times by 10 to find out your beats per minute (bpm).

Task (indoors)

- While a partner times you for 6 seconds, count your pulse.
- Record your results (remember to x10 for bpm)
- Stand and march on the spot for 60 seconds.
- Count your pulse for 6 seconds again, x10 and record results.



Task (Outside)

- Warm up (around 140bpm) – jog/walk a lap of your playground, pitch or garden at home then measure your HR.
- If its above 140bpm slow down, below 140bpm speed up.
- During your PE activity take breaks to measure your HR and see how hard you're working.
- 150 – 170bpm (moderate), above 170bpm (working hard).

Triathlon Running Drills

Triathlon

- Running is the final stage of the triathlon (Swim, cycle, run).
- Completing drills before running improves efficiency.
- The more efficient you run the easier it will be to keep running at the end of an event.

Task – Complete the activity in a space outside.
Here's a [link](#) to the video demonstration.

1. Walking High Knees.
2. Running High Knees.
3. A-skip (Skipping High Knees).



4. Heel Flicks.
5. Alternate Heel Flick.



6. Side Steps.



7. Cross-overs.



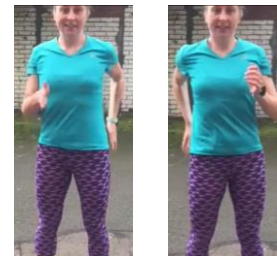
8. Lunges.



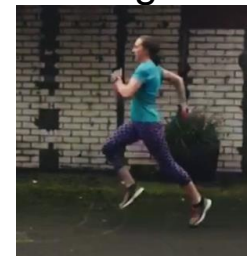
9. Low Skip.
10. Skipping.
11. Power Skip.



12. Fast Arms.



13. Running strides.



Triathlon – Hill Runs

Triathlon fitness

- Hill repeats are a great way to build your endurance (the ability to exercise for a long time).
- You could be exercising for 30 – 40minutes during a triathlon.
- Running is the final stage of the event which means having good running endurance will improve your results in a competition.

Task

- Go outside.
- Find a hill that you think you could run up.
- Run up the hill at a pace that's comfortable for you.
- Walk back down.
- Try to get to the same point each run.

Repeat this 5 times

Challenge

- If you have a good level of fitness, jog back down the hill.
- Add more runs, can you get to 10?
- Run up and down your preferred hill distance for 10 mins, can you go for 15 or 20 mins?
- Challenge a sibling or do it together.

