

Lesson 2 of 6

TRIATHLON

EQUIPMENT

Goal-setting sheets » pencils » stationary bikes

RELATED RESOURCES

- Heart Health: A Resource for Senior High School Physical Education, <http://education.alberta.ca/media/618568/heart.pdf>
- Spin Training Tips, www.spinning.com/file/download/tiny_mce_file_browser/76/Bike_Setup.pdf
- Spin Class Stretches, <http://video.about.com/bicycling/Spin-Class-Stretches.htm>
- A Teachers Guide to Introducing Triathlons, <http://www.castletriathlonseries.co.uk/take-part/schools/#.U5Hw1FhdWBA>



Safety First!

"Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR, 2013) pages 11-33, 107, 133 and 135.



Do it Daily...For Life!

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Effort	
Safety	
Goal Setting/ Personal Challenge	D(10-30) 6
Active Living in the Community	

ESSENTIAL QUESTION

In what ways can preparing for and participating in a triathlon enhance your mental, physical, and social well-being?

WARM UP

SETTING GOALS

Explain the purpose of the lesson is to create one or two goals for participating in a mini-triathlon. It is also to practice cycling by taking part in a spin class. Provide each student with a goal-setting sheet. The goal(s) should be measurable, attainable and positive. Examples of goals include: "I will run the entire three kilometres," "I will participate to the best of my ability during each PE class in order to prepare for the mini-triathlon," or "I will bike 10 km in under 40 minutes."

Clues that students are achieving the outcome...

"Students will determine short and long-term activity goals and a timeline for their attainment that will continue to provide personal challenges." *K-12 Physical Education Program of Studies, Alberta Learning, 2000*

- Students can determine short-term activity goals
- Students can identify a timeline for personally challenging goals
- Students can evaluate and revise their goals based on personal achievement and interest



MAIN LESSON**SWEATY SPIN**

If you do not have access to stationary bikes, consider taking the class on a field trip to a gym close to you for a spin class. World Health, Golds Gym, Goodlife Fitness etc. Run a spin class to teach the following cycle techniques to build spinning efficiency. If necessary you may break class into groups based on availability of stationary bikes.

General tips for spinning include head up (chest to follow), handlebars far enough away to have slight elbow bend (seated: do a push up and nose can touch the handlebars), seat should be at hip height (when standing beside bicycle), bike seat distance from handlebars is personal preference (students should not experience pain in the seated position while leaning forward). When spinning, at the bottom of your revolution, students should focus on “wiping mud off their soles of feet” to ensure hamstring engagement and quadricep release (push-pull motion, not just a pushing).

Below you will see some basic drills on the bike. For more drills and descriptions, download the supplemental materials from www.everactive.org

Easy Seated Spin: This functions as recovery. On a scale of 1-10, students are working at about a 3 or 4. Students should be seated, have a wide grip on the handlebars and use just enough resistance to feel it under their feet. They should feel as though they could do this all day.

Seated Sprint: Students should be seated and spinning their legs as fast as possible. A little bit of resistance is needed so they don't hurt their knees or bounce in their seats. On a scale of 1-10, students are working at about a around an 8 or 9.

Seated Climb: Students should be seated and using high resistance. It should feel like biking through mud or up a really big hill. The key is pushing down and pulling up with the feet. This can be anywhere from a 7 to 9 on a scale of 1-10.

Standing Climb: Have students increase the resistance to counter their bodyweight and rise out of their seats with their back ends above and slightly in front of the seat and hands at the top of the handlebars. They will sway back and forth as they pedal. Depending on the resistance and speed, this can be anywhere from easy to extremely hard (3-10).

Standing Sprint: This is essentially a standing climb, but faster! Lower the tension a little for this one so students can get the speed, but not so low they get out of control with their feet.

Jump (stand up-sit down): From a seated position, have students quickly jump up and perform a few revolutions while standing. Have them return to their seats for a few seconds and then stand back up. Ensure the transitions are fast-paced. Students should pedal no more than six times in each position. Have them keep the resistance high, so it counterbalances their weight in the standing jumps. On a scale of 1-10 it should be at least a 7.

A sample 30-minute (including warm up and cool down) spin class can be found on the free download.

COOL DOWN**BIKE STRETCH**

Using the bicycle as your partner, stretch your quads, hamstrings and calves. Visit <http://video.about.com/bicycling/Spin-Class-Stretches.htm> for some ideas on using your bike to stretch your muscles.