

Lesson 6 of 6

## TRIATHLON

### EQUIPMENT

Swimming pool » stationary bikes » treadmills OR gymnasium/track/trails for biking and running » students will need swim gear, active wear, helmet (if cycling outside), running shoes, and water bottle » music » music player » water, snacks (fresh fruit, healthy bars) » prizes (optional)

### RELATED RESOURCES

- Triathlon Canada, [www.triathloncanada.com](http://www.triathloncanada.com)
- Alberta Triathlon, [www.triathlon.ab.ca](http://www.triathlon.ab.ca)
- A Teachers Guide to Introducing Triathlons, <http://www.castletriathlonseries.co.uk/take-part/schools/#.U5Hw1FhdWBA>
- Connect with your community on upcoming triathlon events. Check out the Running Room Website for events, <http://www.events.runningroom.com/hm/>

### ESSENTIAL QUESTION

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

### WARM UP

#### PRE-TRIATHLON

Before beginning this lesson, download the supplemental materials from [www.everactive.org](http://www.everactive.org). Involve students in a short 5-8 minute warm-up activity enough to break a sweat and get the blood moving to their muscles. This could include fast marching, jumping jacks, running on the spot, alternating knee lifts, jogging around an area and any other activities that can safely be done in the space.



#### Safety First!

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



### Benefits Health

Functional Fitness	
Body Image	
Well Being	B(10-30) 6

### Clues that students are achieving the outcome...

"Students will predict the positive benefits gained from physical activity." *K-12 Physical Education Program of Studies, Alberta Learning, 2000*

- Students understand and can articulate how preparing and participating in a triathlon can enhance and contribute to their wellness



## MAIN LESSON

### MINI-TRIATHLON

Students will now compete in a class-based mini-triathlon. The triathlon will include:

1. Swim (250 m) – 10 lengths of a 25 m pool. Students are permitted to use a flutter board, PFD or aquajog belt if necessary.
2. Bike (10 km) – If using stationary bikes that do not have odometers, have students bike for 20 minutes. If there are not enough bikes for each student, have a staggered start with some students cycling first, running then finishing with the swim. If cycling outside, be sure the path/course is free of debris and is clearly marked. If possible, use volunteers to stand at certain points to provide direction and support to students.
3. Run (3 km) – Students run 3 km on a treadmill, around a soccer field or on a pre-measured route in the community (ideally one that they ran previously in Physical Education). If possible, use volunteers to stand at certain points to provide direction and support to students.

Timing of the students is completely optional. If timing, be sure to record each student's entry and exit time in the pool, the start and end time of their bike ride, as well as the start and finish time of their run. Do not include the transitions from each event.

*Extention Idea* - Have the students plan, organize and execute a mini Triathlon for Younger children in the community.

## COOL DOWN

### CELEBRATION!

As students complete the triathlon, invite them to walk around the area while drinking water and eventually ending up at the snack table (Optional - healthy snack bars and fresh fruit, including bananas as they have potassium and potassium is lost in sweat). When near the snack table or after walking to cool down, invite students to go through a full body stretch. Congratulate your students on completing the triathlon by giving them a standing ovation! Healthy prizes (water bottles, Frisbees, etc.), group photo and a class party are also optional.

Explain that everyone involved is a winner since they were involved in an activity that can be pursued for a lifetime. The goal is that students had fun, enjoyed the activities and realized that fitness is not just something to talk about, but something that can be lived everyday. Hopefully, they learned something about themselves as well: that self-confidence can be improved with hard work.