EASY   MED   HARD

INDOOR FRIENDLY   POOL FRIENDLY

Australian Government
Australian Sports Commission

Mini triathlon (Swim/bike/run)

Players complete a mini triathlon by participating in a swim, bike and run leg of a triathlon, including transitions.

What you need

> Pool or safe open water.
> Any flat surfaced area (e.g. large hall, tennis/netball courts, oval), preferably not bitumen.
> Marker cones, buoys or lane ropes to define playing area.
> Ropes or cones to define transition areas.
> Bike racks, fence or open space for bikes.
> 1 bike, 1 bike helmet and 1 hair cover per player (if helmets are borrowed).
> 1 set of goggles, swimsuit and running shoes per player.
> Stop watch.

What to do

> Conduct one or two short races for each group.
> Establish a start and finish line and ensure participants are aware of their course and requirements.
> Split into age groups or ability levels — group sizes of approximately 8–10.

> Begin with a mass swim start.

> Depending on the age and ability level of participants complete a:
  – swim leg
  – bike ride
  – run leg

Scoring

> No scoring is an option.
> Participants try to beat their 'time' on their second go.

Leg	Ages 8 and under	Ages 9–12
Swim	50m to 100m	100m to 300m
Bike	500m to 3km	3km to 10km
Run	100m to 500m	500m to 2km

> Time races and record results.
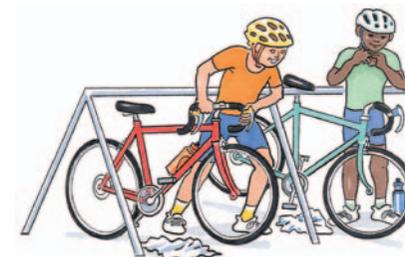
Transition (T-1)

Transition (T-2)

LESSON LINK

Mini triathlon combines all triathlon skills including the swim, bike and run legs and transition skills.

SESSION PLANS

Mini triathlon (Swim/bike/run)

Skills > swimming, running, cycling

change it...

Coaching

> Alter distances depending on the ability level of the players.
> Run as a solo event or team event.
> Add an obstacle course if time and energy permit.

Safety

> Water depth should be suitable for the ability of all players.
> Ensure participants hydrate well during or after each activity.
> Allow adequate spacing between the older and younger players.
> Ensure helmet is on/done up before 'unracking' bike and remains done up until bike is 'racked' prior to run.

> Players should perform a basic bike check before every ride:
  – Brakes (do they work?)
  – Stem and handlebars (are they tight? do the ends of the handlebars have plugs in them?)
  – Seat (make sure it doesn't turn or tilt)
  – Chain, pedals, gears (do they change safely?)
  – Wheels (do they spin freely?)
  – Tyres (do they have enough air?)
  – Does the bike fit correctly? (e.g. seat height, reach for handle bars, brakes, etc).
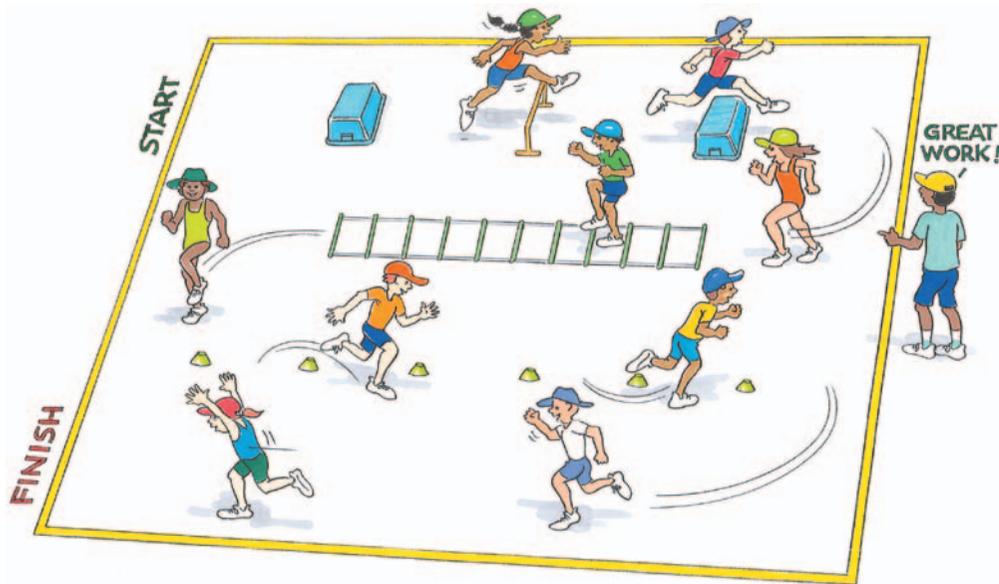
ASK THE PLAYERS

> How can you prepare your legs for the bike towards the end of the swim leg or for the run towards the end of the bike leg?
> What strategy should you use to finish the course in your best time?
> If working in teams, how can you work together to get the best result for your team?