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ACTIVITY TRACKER

START

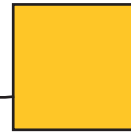
Speedy Transitions



Skateboard
Swimming



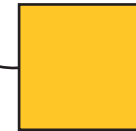
Family Tag Team
Running



Coollest Indoor
Triathlon



10 Minute Stretch
Run



FINISH

Triathlon Obstacle
Course



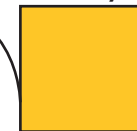
Hunt the Triathlon



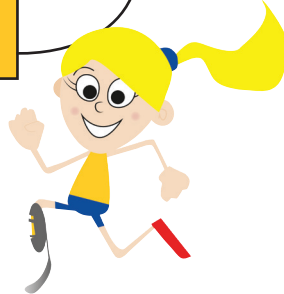
Roll to Run



Crazy Triathlon
Story



Zero Distance
Triathlon





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KIDS TRIATHLON PROGRAM

SPEEDY TRANSITIONS

How fast can you get ready for the run leg?

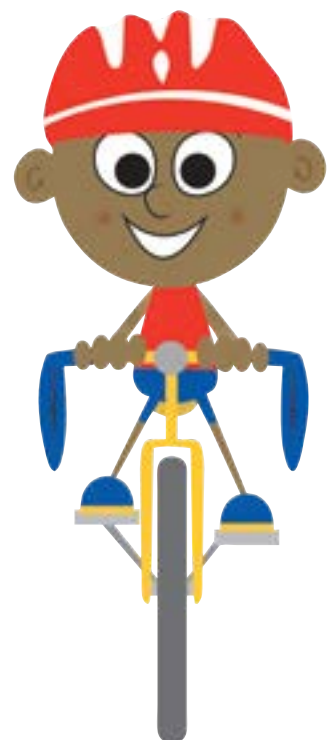
- Create a start line.
- Measure out 5 metres.
- Place your shoes with laces untied and return to the start line.
- Time yourself to run 5 metres run, put on shoes, tie your laces and run back to the start.
- Repeat and see if you can improve your time or challenge your family to a race.

TIPS + TRICKS

- Too easy? Try adding sunglasses too!
- Double it! Your first run, put on your shoes. Then do a second and put on a helmet.

SAFETY FIRST

- Remember to ask your parents/carers before you start any activity, and make sure a responsible adult is supervising you!
- If you're outside, wear your sunscreen and cover up from the sun.
- Keep a water bottle nearby and stay well hydrated.
- Make sure there is enough space to perform the activity safely.





SKATEBOARD SWIMMING

How many laps of your living room can you do lying on your stomach on a skateboard?

- Set up a course for your swim - you could even include some markers to turn around.
- Lay on your stomach on your skateboard at the starting line.
- Use your swimming arms to propel yourself.
- Remember to keep your feet kicking!
- "Swim" around your course for however long you decide your swim should be.



TIPS + TRICKS

- Try starting at 1 minute of "swimming" and build up to 5 or even 10 minutes!
- Make sure to slow down for corners.

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- Make sure there is enough space to perform the activity safely.
- Keep your fingers clear from the wheels of the skateboard.



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KIDS TRIATHLON PROGRAM

FAMILY TAG-TEAM RUNNING RACE

Get the family working together to run this race!

- Set up a course inside or outside the house.
- Have the family line up on the start line.
- Do one lap and tag the next person to run.
- Either see how many laps you can do in a certain time (10, 20 or 30 minutes)
OR
- If you have a FITBIT, GARMIN or similar device how long does it take your family to run 3 or 5km (or even longer).

TIPS + TRICKS

- Is your family a bit competitive? Split into 2 teams and race to see who can run the furthest or the fastest.
- Make sure to cheer your team-mates on!

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- Make sure there is enough space to perform the activity safely.
- Shoes on for this activity!





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COOLEST INDOOR TRIATHLON

Be the race director of your very own triathlon!

- Get creative and design your own indoor triathlon.
- Remember to include a 3 different activities, just like a normal triathlon has swim, bike and run legs.
- Try out your triathlon!
- Don't forget to film it. Send it to your friends or your family to share the fun!

TIPS + TRICKS

- You can add a transition zone where you get ready for the next leg. Pretending to ride a bike? Put your helmet on!
- Ask someone to man a drinks station so you can rehydrate half way through.

SAFETY FIRST

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- Keep a water bottle nearby and stay well hydrated.
- Make sure there is enough space to perform the activity safely.
- Shoes on for this activity!





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KIDS TRIATHLON PROGRAM

10 MINUTE STRETCH RUN

Don't forget to stretch your muscles too. Let's practice today!

- Run for 30 seconds on the spot. You could also try high knees running, or trying to kick your heels up to touch your bottom.
- Then stretch for 30 seconds. Make sure to stretch both sides of your body equally (e.g. both legs, both arms).
- Repeat 10 times!

TIPS + TRICKS

- Try to stretch a different body part each time. How many stretches do you know?
- If that was too easy, try going for longer!



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- Keep a water bottle nearby and stay well hydrated.
- Make sure there is enough space to perform the activity safely.
- Shoes on for this activity!



ZERO DISTANCE TRIATHLON

Complete a triathlon without leaving your spot!

- Stand on one spot.
- Do 20 arm swings with left arm.
- Do 20 arm swings with right arm.
- Do 20 straight leg kicks lying on your back.
- Do 20 straight leg kicks lying on your front.
- Do 20 right leg circles standing (as though you are on a bike).
- Do 20 left leg circles standing (as though you are on a bike).
- Do 40 running legs on the spot.
- Time yourself, record it and see how much you can improve your time each day.



TIPS + TRICKS

- Too easy? Add extra repetitions of each movement.
- Challenge your family to beat your time.

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- Shoes on for this activity!



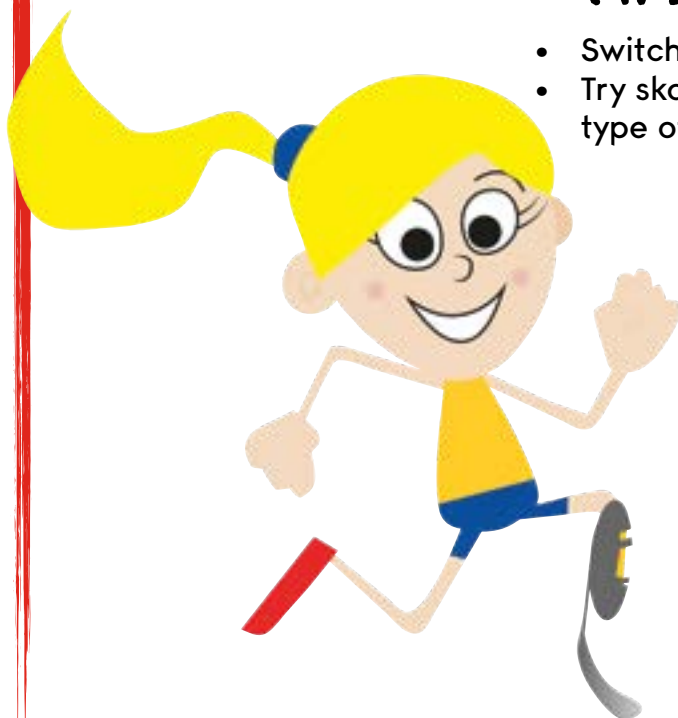
CRAZY TRIATHLON STORY

Get the whole family involved and tell a story with triathlon!

- Each person stands in a different part of the house or yard.
- The first person runs to the second person and whispers the start of the story.
- The second person runs to the third person and whispers the start of the story and adds a little bit more.
- Continue until you get to the last person. That person then tells the whole story to everyone. Did it change through the whispers?

TIPS + TRICKS

- Switch up the order of people.
- Try skateboard swimming to each other, or another type of movement!



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- Shoes on for this activity!



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KIDS TRIATHLON PROGRAM

ROLL TO RUN

Let luck decide how far you go. You'll need a dice for this game.

- Decide on a circuit or a course you're going to run or bike around.
- Stand on the starting line and roll the dice.
- The number on the dice is the number of laps you do to complete your course.
- To get the whole family involved, take turns racing. Make sure to tag your team-mate for their turn!

TIPS + TRICKS

- Make it a giant board game by deciding how many laps you are aiming for. The first to reach that number wins!

SAFETY FIRST

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- If you're outside, wear your sunscreen and cover up from the sun.
- Keep a water bottle nearby and stay well hydrated.
- Make sure there is enough space to perform the activity safely.
- Shoes on for this activity.
- If you're riding a bike, always wear a helmet and ask a responsible adult to check the bike is safe and ready to use before you start.





HUNT THE TRIATHLON

Try this scavenger hunt with the whole family.

- One family member spreads out or hides triathlon items (e.g. goggles, cap, helmet, runners, bathers, sunglasses).
- Give a list of the items to the racers.
- See who can collect the most items!

TIPS + TRICKS

- If you hide them in really tricky places you might like to write some clues for the racers too!

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- Make sure there is enough space to perform the activity safely.
- Shoes on for this activity!





TRIATHLON OBSTACLE COURSE

Challenge yourself with an obstacle course!

- Decide whether you are creating a running or bike obstacle course.
- Set up obstacles in a course to run or ride around.
- Start at the start line and time yourself through the course.
- Repeat and see if you can beat your time, or challenge your family to see who is the fastest!

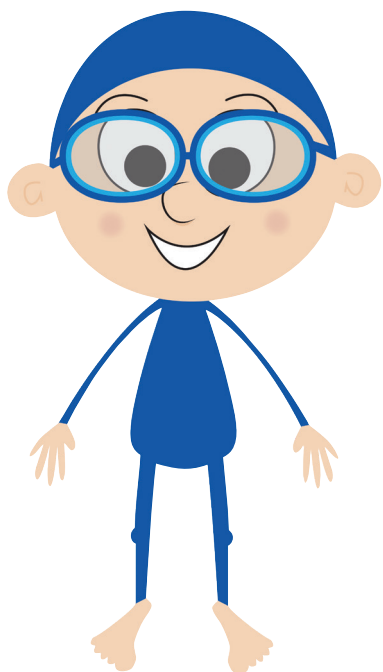
TIPS + TRICKS

- Get creative - you can use lots of different things you find around the house as obstacles (e.g. brooms, buckets, chairs).
- If you're running, you can try jumping over obstacles or crawling under them.

SAFETY FIRST

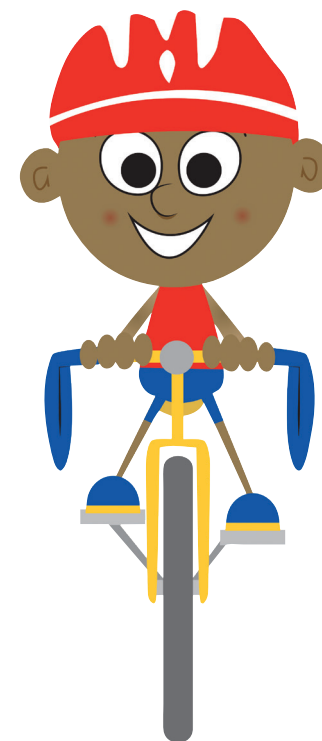
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- Shoes on for this activity.
- If you're riding a bike, always wear a helmet and ask a responsible adult to check the bike is safe and ready to use before you start.





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KIDS TRIATHLON PROGRAM



CONGRATULATIONS

You worked hard, had fun, tried some new skills and have now officially completed the

TRYSTARS AT-HOME ACTIVITY SERIES!

For more triathlon fun, why not become a TRYstar this year?
For more information, go to www.triathlon.org.au

