



# Northfield Y Kids Tri

## Saturday, June 25th

### Training Plan

#### What is a triathlon?

A triathlon is a swim, bike, and run event, completed in that order. Participants will swim, go to the transition area to prepare for the bike, complete the bike course, return to the transition area to drop off their bike, and head to their run. This triathlon is a non-competitive event that's all about having FUN and feeling GREAT about crossing the finish line!

#### What are the distances for each age division?

Age Group*	Swim Distance	Bike Distance	Run Distance
<b>Ages 6-7</b>	50 meters (zero depth entry)	1.25 miles	¼ mile
<b>Ages 8-10</b>	50 meters (one length in lap lanes)	2.5 miles	½ mile
<b>Ages 11-14</b>	100 meters (one lap in lap lanes)	5 miles	1 mile

*A length is to swim from one end of the pool to the other. A lap is two lengths (down and back the long way).*

#### How do I train?

Training for the Y Kids Tri is helpful but not necessary. A suggested calendar can be found below. Modifications will need to be made based on the age of your athlete.

#### Training Tips

- **Safety First!** Always wear a helmet while biking and watch for cars and pedestrians. Make sure your child has running shoes that fit and feel good to exercise in. For younger children, supervision is important as they sometimes are concentrating on speed rather than safety.
- **Keep it Fun!** Involve the whole family in training activities and look for ways to make it a game.
- **Practice the Transition.** Your child may be worried about how to move from the swim to bike to run. Set up a mock transition zone in your yard or park so they can become familiar with the set up and timing needed.

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Week 1 (May 22-28)	Go on a 20 min. Bike ride	Off	Bike around the block 2 times	Off	Run – 5 minutes, walk 5 min	Off	Swim at the Y Pool
Week 2 (May 29-June 4)	Bike – 20 minutes	Off	Run for 15 minutes	Off	Bike to a park and play	Off	Swim at the Y Pool
Week 3 (June 5-11)	Run for 15 minutes	Off	Bike to School	Off	Play a game of tag for 10 minutes	Off	Swim 1 length at the Pool
Week 4 (June 12-18)	Go on a 30 min bike ride	Off	Practice your front stroke at the pool	Off	Run around the block 3 times	Off	Swim 2 lengths at the pool
Week 5 (June 19-25)	Try biking for 15 min, then run for 10 min	Off	Swim at the pool, practice with goggles	Bike – 15 minutes	Run – 10 minutes	<b>Get lots of Rest!</b>	<b>Y KIDS TRI!</b>