



Training Programme for Sanitarium Weet-Bix Kids TRYathlon

ADVANCED

This programme is designed for those who want to do individual training to get ready for Weet-Bix Kids TRYathlon events across New Zealand this summer.

Even though this may be one of your first events these are some things you should do to help you take part as well as you can on the day and to have maximum fun:

- Training works the best when you don't miss a session. It is consistent training that will pay off on the day
- Practicing transitions are a big part of triathlon training, and you should get used to putting your helmet on quickly, getting on and off your bike and getting your shoes on.

Important things to remember:

- Remember you must ALWAYS wear your helmet when riding – so practice putting it on and off ready like you will in Transition on event day.
- The helmet straps must be tight. A good test is putting two fingers above the eyebrows. The top of the helmet should be touching the top finger. Check this every time you ride.
- Remember to practice in fully closed shoes so you get used to putting them on in Transition on the event day.
- We operate a very safe, secure event so Transition is only opened for general removal of bikes after prize giving.
- Your bike needs to be kept in good condition. A reminder that if you are entering the TRYathlon it's a good idea and we strongly recommend you get your bike and helmet checked prior to the event. Bike Barn dealers offer a free bike check. A list of Bike Barn dealers can be found on the website.

Tips and Tricks for race day:

- You do not need to wear socks – the race is short and you will save lots of time by not putting them on.
- It is a good idea to have elastic shoe laces – this saves time tying your laces.
- In transition you may want to put something on your bike so you can find it easily.

Have FUN training for your Weet-Bix Kids TRYathlon event!



Training Programme for Weet-Bix Kids TRYathlon

ADVANCED - WEEK ONE

	Swim	Bike	Run
Monday	8min 4 laps freestyle 2 laps of backstroke 4 * ½ lap freestyle Sprinting		10min jog + drills (like high knees, butt kicks, skipping etc).
Tuesday		10min ride	3min moderate run Off the bike – practice your transition from bike to run; taking off your helmet
Wednesday	Rest Day		
Thursday	10min 2 laps freestyle 2 laps backstroke 4 lengths non-stop kicking 4 * 1 length – go underwater as fast as you can, take a short breath and back under. Go the whole way doing this	15min long ride – find some rolling hills possibly on a school field	
Friday	Long swim 15min including: 2 x 50m time trials 2 lengths easy freestyle drills 4 lengths number 1 & 3 kick sprinting Number 2 & 4 freestyle sprinting		10 minute continuous run (try not to stop)
Saturday	Rest Day		
Sunday	Today you will do lots of little triathlons to show your body how to race. 2 times through: 50m swim	1km bike	400m run



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ADVANCED - WEEK TWO

	Swim	Bike	Run
Monday	12min 4 laps freestyle 2 laps of backstroke 4 * ½ lap freestyle Sprinting		10min jog + drills (like high knees, butt kicks, skipping etc).
Tuesday		12min ride	4min moderate run Off the bike – practice your transition from bike to run; taking off your helmet
Wednesday	Rest Day		
Thursday	15min 2 Laps freestyle 2 Laps backstroke 4 Lengths non-stop kick 4 * 1 length – go underwater as far as you can, take a short breath and back under. Go the whole way doing this.	15min long ride – find some rolling hills possibly on a school field	
Friday	Long Swim 20min including: 2 x 50 metre time trials 2 lengths easy freestyle drills 4 lengths number 1 & 3 kick sprinting Number 2 & 4 freestyle sprinting		15 minute continuous run (try not to stop)
Saturday	Rest Day		
Sunday	Today you will do lots of little triathlons to show your body how to race. 3 times through: 50m swim	1km bike	400m run



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ADVANCED - WEEK THREE

	Swim	Bike	Run
Monday	15min 4 laps freestyle 2 laps of backstroke 4 * ½ lap freestyle Sprinting		10min jog + drills (like high knees, butt kicks, skipping etc).
Tuesday		10min ride	5min moderate run Off the bike – practice your transition from bike to run; taking off your helmet
Wednesday	Rest Day		
Thursday	15min 2 laps freestyle 2 laps backstroke 4 lengths non-stop kicking 4 * 1 length – go underwater as fast as you can, take a short breath and back under. Go the whole way doing this.	20min long ride – find some rolling hills possibly on a school field	
Friday	Long swim 20min including: 2 x 50m time trials 2 lengths easy freestyle drills 4 lengths number 1 & 3 kick sprinting Number 2 & 4 freestyle sprinting		15 minute continuous run (try not to stop)
Saturday	Rest Day		
Sunday	Today you will do lots of little triathlons to show your body how to race. 3 times through: 50m swim	1km bike	400m run



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ADVANCED - WEEK FOUR / RACE WEEK

	Swim	Bike	Run
Monday	10min 4 laps freestyle 2 laps of backstroke 4* ½ lap freestyle sprinting		10min jog + drills (like high knees, butt kicks, skipping etc).
Tuesday	IF RACE TOMORROW – Rest Day		
		15min ride with 3 x 30second sprints	Off the bike: 5min running with 6 x 100m sprints
Wednesday	Rest Day		
	WEET-BIX EVENT		
Thursday	10min 2 lap freestyle 2 lap backstroke 4 lengths non-stop kick 4 x 1 lap very fast with 20seconds rest between each 4 laps choice warm down		10min jog
Friday	Rest Day		
Saturday	Rest Day		
Sunday	WEET-BIX EVENT		

If you want any more information on triathlon, check out Triathlon New Zealand's website at www.triathlon.kiwi