



## Training Programme for Sanitarium Weet-Bix Kids TRYathlon

### BEGINNER

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

### BEGINNER - WEEK ONE

	Swim	Bike	Run
<b>Monday</b>	10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool		
<b>Tuesday</b>	<b>Rest Day</b>		
<b>Wednesday</b>		10min ride on a school field or local park – practice some zigzagging and hand signals	3min fun off the bike – practice your transition from bike to run; taking off your helmet
<b>Thursday</b>	10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool		
<b>Friday</b>			10 minute continuous run (try not to stop)
<b>Saturday</b>	<b>Rest Day</b>		
<b>Sunday</b>		15min ride on a school field or local park – practice lots of corners, going down a hill and riding with one hand.	



## Training Programme for Weet-Bix Kids TRYathlon

### BEGINNER - WEEK TWO

	Swim	Bike	Run
Monday	10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool		
Tuesday	<b>Rest Day</b>		
Wednesday		10min ride on a school field or local park – practice some zigzagging and hand signals	4min run off the bike – practice your transition from bike to run; taking off your helmet
Thursday	15min with an adult in a pool – make sure you practice your technique Do a couple of lengths kicking only Do a couple of lengths very fast 30min of fun playing in the pool		
Friday			10 minute continuous run (try not to stop)
Saturday	<b>Rest Day</b>		
Sunday		15min ride on a school field or local park – practice lots of corners, going down a hill and riding with one hand.	



## Training Programme for Weet-Bix Kids TRYathlon

### BEGINNER - WEEK THREE

	Swim	Bike	Run
Monday	10min with an adult in a pool – make sure you practice your technique 30min of fun playing in the pool		
Tuesday	<b>Rest Day</b>		
Wednesday		10min ride on a school field or local park – practice some zigzagging and hand signals	5min run off the bike – practice your transition from bike to run; taking off your helmet
Thursday	15min with an adult in a pool – make sure you practice your technique Do a couple of lengths kicking only Do a couple of lengths very fast 30min of fun playing in the pool		
Friday			12min continuous run (try not to stop)
Saturday	<b>Rest Day</b>		
Sunday		20min ride on a school field or local park – practice lots of corners, going down a hill and riding with one hand, try going as fast as you can for 1min	400m run



## Training Programme for Weet-Bix Kids TRYathlon

### BEGINNER - WEEK FOUR / RACE WEEK

	Swim	Bike	Run
Monday	5min including 4*1 lap freestyle sprinting		5min jog
Tuesday	<b>IF RACE TOMORROW – Rest Day</b>		
		10min ride - practice some fast and slow riding	
Wednesday	<b>Rest Day</b>		
	<b>WEET-BIX EVENT</b>		
Thursday	5min of freestyle		5min jog
Friday	<b>Rest Day</b>		
Saturday	<b>Rest Day</b>		
Sunday	<b>WEET-BIX EVENT</b>		

If you want any more information on triathlon, check out Triathlon New Zealand's website at [www.triathlon.kiwi](http://www.triathlon.kiwi)