



EVENT GUIDE

IT'S TO **GOOD** **TRY**



When you TRY, you find out more. About the world, about  other people, about yourself. What you like and what you don't. What you can do - you might **surprise yourself!** How fast you can go. How far you can go. Trying can be easy, or hard. Exciting or scary. Sometimes you might **wonder why** you're trying at all. Doesn't matter. Just give it a whirl.  Get stuck in and you'll grow stronger. Better to have a go than be a no-show. Go on, have some fun!  TRY it, enjoy it, experience everything you can.  'Cos if you don't TRY, you'll never know.

So go on, give it a **TRY**.

CONGRATULATIONS

on taking on the Weet-Bix Kids TRY CHALLENGE!



THE “WEET-BIX KIDS TRY CHALLENGE”

The **TRY CHALLENGE** is about trying your best and having fun as you work towards your **TRY CHALLENGE** fitness goal. As long as you've got the right attitude, you'll be ready to give it a **TRY**.

**3 WEEKS.
3 DISCIPLINES.
1 GOAL.**

To help you get the most out of your experience, we have put together this Event Guide which includes:

- A STEP BY STEP GUIDE TO THE TRY CHALLENGE
- HOW TO SET GOALS
- CREATING A TRAINING PLAN
- TRAINING TIPS
- HEALTH & WELLBEING TIPS
- TRY CHALLENGE DIARY

HOW IT WORKS



STEP ONE

Set your **TRY CHALLENGE** goal



STEP TWO

Create your training plan and train



STEP THREE

Review your **TRY CHALLENGE** goal



STEP FOUR

Complete your **TRY CHALLENGE**



STEP FIVE

Celebrate!!!!



STEP ONE: SET YOUR TRY CHALLENGE GOAL

Your **TRY CHALLENGE** goal is the fitness activity or event that you are working towards and will complete after 3 weeks of training.

You get to set the activities, the distance or the time. It's entirely up to you!

HOW TO SET YOUR GOALS

1. Decide on three activities that you will choose for your TRY CHALLENGE. These can be SWIM – BIKE – RUN or if you cannot access a pool/ocean you could alter this to a RUN - BIKE – RUN or you can substitute any of these options for other activities like push ups, or star jumps, or feel free to make up one of your own. You could even combine a few of the options to create your own circuit for one of your stages.
2. Choose your distances/reps or time that you will complete for each of your three activities. Feel free to adjust the suggested rep numbers to reflect your level.
3. Remember the activities and level selected should be appropriate to your age, and level of fitness. You should also think about what equipment and facilities you will have access to.
4. Select what date you will be completing your final TRY CHALLENGE. This could be completed all in one go like a traditional TRYathlon or you can select a different day for each of your three activities – whatever works best for you.

Here are some recommended distances if you are doing a SWIM-BIKE-RUN **TRY CHALLENGE**

	5YRS	6YRS	7YRS	8-10YRS	11-15YRS
	25M	25M	50M	100M	200M
	1KM	2KM	4KM	4KM	8KM
	500M	1KM	1.5KM	1.5KM	1.5KM

TIPS FOR SETTING GOALS

- When setting your goals remember to aim high and stretch yourself but they need to be achievable too.
- Set goals that work best for you! This is your **CHALLENGE** remember.

Goals promote a "can-do" attitude, motivate you and help you focus

STEP TWO: CREATE YOUR TRAINING PLAN

You now have 3 weeks to train and prepare for your **TRY CHALLENGE**.

Following a simple training plan will help ensure that when your TRY CHALLENGE day comes around you are well prepared and have the best chance of success.

You can create your own training plan or if you are looking to complete a SWIM – BIKE – RUN as your TRY CHALLENGE then one of our training plans could work well for you OR feel free to substitute a training type to reflect the activities, you have chosen.

Download the Weet-Bix TRY CHALLENGE Trainer plan at WWW.TRYCHALLENGE.CO.NZ

THERE ARE 3 TO CHOOSE FROM:

1. **Beginner** – recommended for 5–9 year olds
2. **Moderate** - recommended for 10–12 year olds
3. **Advanced** - recommended for 13 and above



TIPS FOR YOUR TRAINING PLAN

1. Make sure your training plan is achievable and that you can fit it in to your week.
2. Do regular, small activities to build your fitness and confidence.
3. Try to do each of the three activities (i.e. swim, bike, and run) at least once each week.
4. Remember to include transitioning from each activity too (as this is what you will need to do on the day of your TRY CHALLENGE)
5. Make sure you include a rest day
6. After each training session it's a good idea to write down what you actually did and how you felt
7. Share and agree on your training plan with your family.
8. Put your training plan on the fridge or on your bedroom wall, so you know what you need to do each day.



TRAINING TIPS

1. WARM UP

Make sure to stretch your muscles before you begin to exercise to help prepare your body and prevent injury.

Start with a short warm-up first, such as walking or jogging in place or even some dancing to your favourite song.

If you want a video warm-up to follow along to check out Weet-Bix Guy's Warm up below!

<http://bit.ly/TRYWARMUP>



2. GET FAMILAR WITH YOUR GEAR

It is a good idea to practice in the clothes and gear you will use on the day. Especially if you are not use to biking or running in your togs. Make sure you can tie your shoe laces and buckle up your helmet too.

3. HAVE FUN

Have fun while you train. Turn your training into a game or plan to train with friends or your family – it's a lot more fun when everyone is involved.



4. GET CREATIVE

If you can't train for a reason then come up with some creative ways to get your training in, like running around the house for 5 minutes. Remember that even playing or running around with friends, or going biking together as a family still counts.

5. BE SUN SMART

If you are out training in the sun then don't forget to wear a hat and apply sunscreen. It's a good idea not to train in the heat of the day. So in the morning or after school is a good idea.

6. DON'T OVER TRAIN

It's important not to over-train because you can become tired, injuries might even occur and you won't be at your best. It's important to have rest days too.

7. ALWAYS PUT SAFETY FIRST

The highest priority should always be your safety no matter what the

activity. A safe bike, a good pair of running shoes, and always wearing a helmet that fits is important. During training, supervision is important – especially if you are swimming. Using parks and fields and areas away from traffic are the safest places to practice.

8. PACE YOURSELF

It is important to learn how to pace yourself. Pacing means not using all of your energy at the beginning so you can finish strong without having to stop because you are too tired.

9. REMEMBER TO WARM DOWN

When you finish training for the day, it's just as important to cool down and stretch again to help your muscles recover.

10. DON'T STRESS

If you miss a training day - don't worry it's OK!

11. PRACTICE CELEBRATING

Make sure you practice how you are going to celebrate after you have completed the TRY CHALLENGE too!



TOP TIPS

SWIM TOP TIPS:

1. Have a good pair of goggles that are comfortable and don't leak.
2. Make sure you practice the distance you need to swim in your **TRY CHALLENGE** in training.
3. Practice swimming where you will complete your **TRY CHALLENGE**.
4. Always **TRY**.
5. Practice your freestyle or an easy breaststroke.
6. Make sure you have some fun when you are training – go for a 5 or 10 minute swim then play for 30 minutes.
7. Remember if you are ever in the water and start to panic all you need to do is roll onto your back and float, and if in a pool, just grab onto the lane rope and only swim if you are supervised by an adult or lifeguard.

CYCLE TOP TIPS:

1. Use your head
 - Always wear a helmet!
 - Riding a bike is fun but safety must always come first.
 - Practice putting your helmet on and taking it off.
 - Your helmet must fit properly and comfortably. You don't want it too small or too big.
 - 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.
2. Don't forget your gear: Take a water bottle and make sure you wear sunscreen. Don't overload yourself with heavy items that could affect your balance.
3. Be careful: Always follows the road rules and keep to the left hand side of the road. If possible practice where there is not a lot of traffic. Keep an eye on the road ahead of you and watch out for other cyclists and road users.

RUNNING TOP TIPS:

1. If you haven't done a lot of running then start off on a small run, around the block or one lap of the park or school field and then slowly build up.
2. You will be surprised at how quickly you improve. Train with others to make it more fun. The time always goes faster when you have someone to talk to!
3. Mix it up – don't do the same run all the time, find some new routes, find some stairs to run up, or do some sprints.
4. Always keep yourself hydrated, before, during and after your run.
5. If you do get a 'stitch', slow down or walk for a bit, take long breaths, and place a hand on the area that is sore.
6. Have a positive mind set – there may be times when you feel it's too hard, prepare yourself with positive thoughts and self-talk to help you get through it. For example: "I am, I can, I will" and "breathe, believe, achieve".

Most of all have **FUN!**



Weet-Bix™ NUTRITION TIPS



Eating wholegrains like Weet-Bix and lots of yummy fresh fruits and vegetables will give your body the nutrients and energy it needs.

They also have lots of vitamins and minerals that your body needs to be strong and healthy!

--Stay away from foods that are high in fat, salt and sugar; these foods usually don't have a lot of nutrients.--

For some great breakfast ideas check out the Better Brekkie recipes on the Weet-Bix website at weetbix.co.nz



HEALTHY EATING WILL HELP MAKE SURE THAT YOU HAVE THE ENERGY YOU NEED TO TRAIN!



WATER!

As you train, make sure you drink plenty of water, to avoid getting dehydrated. Your body needs fluid to work well.



STEP THREE: REVIEW YOUR TRY CHALLENGE GOAL

Three days prior to your **TRY CHALLENGE** event date review your original **TRY CHALLENGE** goal that you wrote down in Step 1.

You've probably learnt a lot about yourself over the last 3 weeks of training and your original goal might feel too hard, too easy or it might be just right.

It's ok to change and 'Reset your goal' to help set you up for success.

So go back to your **TRY CHALLENGE** Completion Card and write your final **TRY CHALLENGE** goal.



WAYS YOU COULD CHANGE YOUR GOAL ARE:

- Keep your goal the same
- Change some of the distances/ times / reps for one or more of your activities
- Change one or more of your activities

REMEMBER!

Your goal should stretch you but it needs to be achievable too.



STEP FOUR: COMPLETE YOUR TRY CHALLENGE

After your 3 weeks of training, it is time to complete your **TRY CHALLENGE**.

It is important that you plan for your **TRY CHALLENGE** so that everything goes smoothly on the day.



TOP 10 TRY CHALLENGE TIPS

1. Decide if you are going to complete the **CHALLENGE** in one go or over multiple days
2. Plan what time of the day are you going to complete your **CHALLENGE**
3. Know what order are you going to do your activities in
4. Map out your 'course'
5. Make sure you have all the gear and equipment you need to complete the **TRY CHALLENGE**
6. Remember to complete your **CHALLENGE** safely
7. Have your support crew ready
8. Have a good Weet-Bix breakfast beforehand
9. Remember to be sun smart
10. Make sure you have some water handy

.....and most importantly
HAVE FUN!!!



STEP FIVE: CELEBRATE YOUR SUCCESS

YOU'VE DONE IT

YOU'VE COMPLETED THE WEET-BIX KIDS TRY CHALLENGE!!! IT'S TIME TO CELEBRATE!!



- Hold a special medal ceremony where you get awarded your **CHAMPIONS TRY MEDAL**
- Download your **TRY CHALLENGE** certificate
- Thank those that helped you on your journey to completing your **TRY CHALLENGE**
- Download a free Digital Weet-Bix Kids **TRY CHALLENGE** card
- Upload photos or videos of you completing the **TRY CHALLENGE** to social media

SPOT PRIZES



Everyone that enters the **TRY CHALLENGE** will be in to win some great spot prizes thanks to Sanitarium and Weet-Bix.

NEED SOME HELP?

Keep an eye on your inbox and our **TRY CHALLENGE** Facebook Event page for training and motivation tips.

If you have any questions please contact our customer services team **0800 WEETBIX** or tryathlon@sanitarium.co.nz





COMPLETION CARD

NAME: _____ **AGE:** _____

STEP 1

I will complete my **TRY CHALLENGE** on: _____

My **TRY CHALLENGE** goal is:

<i>Activity type</i>	<i>Distance/reps or time</i>
1. _____	_____
2. _____	_____
3. _____	_____

STEP 2

I have completed my training **Week 1** **Week 2** **Week 3**

STEP 3

I reviewed my **TRY CHALLENGE** goal on: _____

My **TRY CHALLENGE** goal is:

<i>Activity type</i>	<i>Distance/reps or time</i>
1. _____	_____
2. _____	_____
3. _____	_____

STEP 4

I completed my **TRY CHALLENGE** on: _____

<i>Activity type</i>	<i>Distance/reps or time</i>
1. _____	_____
2. _____	_____
3. _____	_____

My **TRY CHALLENGE** was witnessed by: _____





MY TRY CHALLENGE TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							

**GIVE IT
A TRY**

