

## Suggested Training Programme

The main focus of a **UK Kids Fun Triathlon and Duathlon** is that it is fun! This training programme is designed to give you some ideas of how to incorporate a small amount of physical exercise into your children's daily lives, sometimes without them even realising!

Whilst the three disciplines are **Swim, Bike, Run** (**Run, Bike, Run** for duathlon) and being able to do each of these is important, there are plenty of additional activities that will not only help to improve their **physical fitness** but also **mental agility, behaviour** and **co-ordination**.

Please use this training programme as a guide, assess which physical activities your child enjoys doing and focus on those to begin with before introducing new ideas. Invite a friend out for a bike ride or swim, play tag in the garden with them, kick a ball around the park, walk the dog.

Remember to lead by example! Don't expect your child to be happy exercising on their own; if their friends are not available, get involved yourself. Learn a new activity together or teach your child the old playground games you were brought up on. See this as an opportunity for the whole family to enjoy and improve fitness.

### Fun ideas to try at home:

#### Family and/or home-based activities

Whilst tea is cooking, use furniture and fittings around the house, pump up the music and you can easily turn your living room into a fun training den!

##### Start off with a warm up:

15 step ups on the bottom stair  
15 star jumps  
15 high knees on the spot

To get the heart pumping and blood flowing more quickly, repeat the above and include sky punches with arms or claps above the head.

**Musical statues** – don't save this energetic dancing game for parties! Get the whole family dancing along and freeze when the music stops

**Wii/Xbox/PS4 challenge** – if you have a games console why not set up a family tournament? Decide a start day, choose a game for everyone and agree to get together at least twice a week for a family challenge

**Timed activities** – getting dressed, run upstairs etc...

#### Encourage extra-curricular activities

Your child may already have a good fitness base if they regularly do exercise or activities that involve exercise such as football, cricket, dancing, trampoline, skating, martial arts etc.

Most schools offer after school clubs which may include a physical activity. Encourage your kids to get involved and have fun...

#### Additional ideas to get active...

- Walk the dog (or borrow one!)
- Family bike rides
- Football or tennis in the park
- Walk to school or the shops rather than going in the car or just simply add a walk into your daily routine
- Help at home with additional physical chores such as washing the car, vacuum cleaning, mopping & dusting etc

## SWIM – BIKE – RUN

Whilst we are keen to stress this is a FUN event, some children may wish to challenge themselves and see improvements in their training. As a guide this is what we suggest for each age group:

### 7 – 8 year olds

- **Swim** for 2 minutes non-stop. Rest for 30 seconds and repeat another 5 times. *This will make you fitter*
- Play **swim tag** with your friends. *This will help make you faster*
- See how far you can swim under water. Then see how long you can do a handstand for
- Hold onto the wall and kick as hard as you can to make as much splash as possible for 20 seconds and then repeat another 4 times. *This will help you to breathe easier when you swim*
- **Bike** to school or your friend's house. Make sure you are wearing a helmet! *This will make you fitter*
- **Bike** around obstacles like cones; try not to put your feet down! *This will make you more skilful*
- If you have a hill where you live, practice cycling up and see if you can get faster up it each time once a week. *This will make your legs stronger*
- **Run** home from school, run fast for one minute and jog for 30 seconds, then run fast for two minutes and jog for 30 seconds. Repeat until you can run for 10 minutes without a break
- Practice **running** uphill to strengthen legs
- Practice **running** straight after cycling to get your legs used to the change of movement

### 9 - 10 year olds

- **Swim** two lengths, rest for one minute. Repeat twice. *This will make you fitter*
- **Swim** as fast as you can for half the length then slow down for the second half. Repeat for 10 lengths. *This will help make you faster*
- **Swim** for as many strokes as you can with your face in the water, without breathing. Or try breathing every four strokes. *This will help you to breathe easier when you swim*
- **Bike** to your school every day or to your friend's house at least twice per week. Remember to wear a helmet!
- **Bike** on a flat stretch of playing field or track where there are no cars, as fast as you can for as long as you can. Have a short rest of about 30 seconds. Turn around and do this again. If you have gears on your bike use the middle gear so that your legs are going fast
- If you have some hills near to where you live, **bike** up as hard as you can. Have a rest and then cycle back down and do this a few times
- **Run** home from school, run fast for one minute and jog for 30 seconds, then run fast for two minutes and jog for 30 seconds. Repeat until you can run for 10 minutes without a break
- Practice **running** up hill to strengthen legs
- Practice **running** straight after cycling to get your legs used to the change of movement

### 11 – 16 year olds

- **Swim** 4 – 8 lengths in any stroke to warm up. Then swim two lengths. Repeat this 10 more times, allowing 30 seconds to rest in between each repetition
- **Swim** continually for 15 minutes. Count how many lengths you manage to do and work out the distance
- **Bike** on a flat stretch of playing field or track where there are no cars, as fast as you can for 4 minutes. Have a short rest of about 1 minute. Turn around and do this again 4 more times. If you have gears on your bike use the middle gear so that your legs are going fast
- **Bike** to school and back every day if safe to do so. Perhaps race your friends too if safe to do so
- **Bike** as hard as you can uphill and if possible stand for the first time and sit for the next time. You want to be riding 6 hills in total so that is 3 standing and 3 sitting
- **Run** home from school. Run fast for one minute and jog for 30 seconds, then run fast for two minutes and jog for 30 seconds. Repeat until you can run for 15 minutes without a break
- Practice **running** up hill to strengthen legs
- Practice **running** straight after cycling to get your legs used to the change of movement