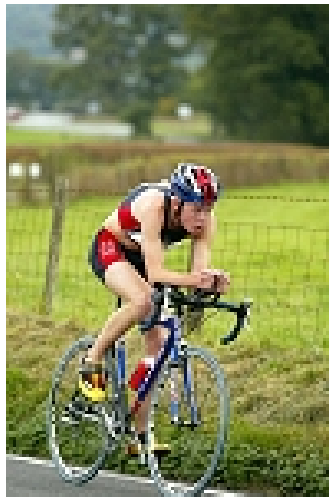


***Multi-sport Activities
For
Physical Education
Classes***

(Triathlon Activities)



By

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Introduction



Purpose:

Multi-sport activities may be used as an extension of the *BikeSmart Curriculum*, or the activities may be used throughout the year as a fitness or lifetime sport activity.

What is a Multi-sport activity?

Any activity consisting of more than one sport.

Common Multi-sport Activities:

- **Triathlon** (*swim-bike-run*) *most popular multi-sport*
- **Duathlon** (*run-bike-run*)
- **Aquathlon** (*combines running & swimming*)
- **Winter Triathlon** (*run-mountain bike-ski*)

History Of Triathlons

- Started as cross training for runners
- First know swim/bike/run held in San Diego in 1974
- First “Ironman” was held in 1978 (12 men)
- First World Championships was held in 1989
- Became an Olympic sport in 2000

Triathlon Distances

- **Sprint** – *swim 1000m or less, bike 10-15 miles, run 5K*
- **Olympic** – *swim 1.5K, bike 40K, run 10K*
- **Ironman** – *swim 2.4 miles, bike 112 miles, run 26.2 miles*
- **Kids' Triathlon (ages 7-14)**
 - *Swim 100 to 400 yards*
 - *Bike 1 to 6 miles*
 - *Run.5 to 2 mile*

Equipment

Standard

- ✓ Goggles
- ✓ Bike
- ✓ Helmet
- ✓ Running shoes

Optional

- ✓ Wet suit
- ✓ Clipless pedals & shoes
- ✓ Aerobars
- ✓ Race wheels
- ✓ Zip locks / elastic laces

Potential Positive Impact from Multi-Sports Activities

- Helps curb recent trends in youth obesity
- Encourages lifetime fitness activities
- Provides short and long-term health benefits
- Emphasizes individual accomplishments
- Improves self-esteem
- Provides a new & challenging activity
- Enhances academic performance

Virginia Standards of Learning

- Skilled Movement
- Movement Principles & Concepts
- Personal Fitness
- Responsible Behavior

Specific SOLs:

Kindergarten: K.1a, K.3, K.5

Grade 1: 1.3, 1.5, 1.6

Grade 2: 2.3, 2.4, 2.5

Grade 3: 3.3, 3.5b

Grade 4: 4.3a, 4.3c, 4.4a, 4.4c, 4.5

Grade 5: 5.2a, 5.3, 5.4b, 5.6

Grade 6: 6.2b, 6.3a, 6.3b, 6.4c, 6.5

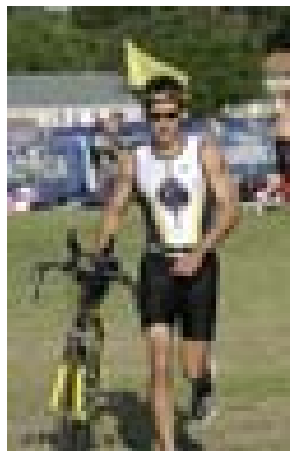
Grade 7: 7.1b, 7.1c, 7.2b, 7.3a, 7.3c, 7.4b, 7.5a

Grade 8: 8.1, 8.2a, 8.2b, 8.3b, 8.4c, 8.6a

Grade 9: 9.1, 9.2, 9.3d, 9.4b

Grade 10: 10.1, 10.2, 10.3, 10.4a, 10.5a

Grade 11: 11/12.1, 1/12.2, 11/12.3a, 11/12.4b, 11/12.5



Multi-sport Activities
For
Physical Education Classes
(Triathlons & Duathlons)

Activity 1 – Team Relays

Introduction: Facts about Triathlons

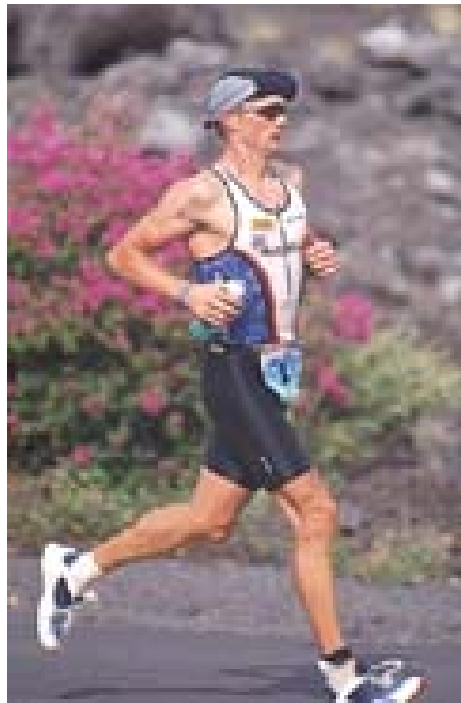
1. Discuss what activities triathlons and duathlons incorporate (swim, bike, run/ run, bike, run).
2. Discuss the various lengths of triathlons.
3. Have the students list the various fitness components that are required for multi-sports activities.

Activity: **TEAM RELAYS**

1. Set up
 - a. Multiple swim stations (scooters). Set up a swim course
 - b. Multiple bike stations (inside, use trainer or stationary bikes/ outside, set up a bike course)
 - c. Set up a run course

2. Activity – Students are placed in teams of three. Each team member does one “leg” (swim/bike/run or run/bike/run). Have students touch teammate’s hand as they finish their “leg” of the event (if using trainers or stationary bikes, the riders will be required to ride for a set time before touching hands with a teammate).

After a team finishes have the members rotate which “leg” and compete again.



Activity 2 – INDIVIDUAL TRIATHLON/DUATHLON

Introduction: Facts about Triathlons

Discuss the various distances and “wave starts”.

Activity: **INDIVIDUAL TRIATHLON/DUATHLON**

1. Set up
 - a. Multiple swim stations (scooters). Set up a swim course
 - b. Multiple bike stations (inside, use trainer or stationary bikes/ outside, set up a bike course)
 - c. Set up run course
2. Activity – Individual Triathlon/Duathlon
 - a. Students will be placed in groups based on the number of scooters/bikes available, and ability levels.
 - b. Students start at the swim activity (scooter) then move to the bike station, followed by the run station. To keep more students active, set up “wave” starts for the swim.
 - c. If using stationary bikes, “triathletes” are timed as soon as they sit on the bike for a predetermined time before running.



Activity 3 – CONTINUOUS TRIATHLON/DUATHLON

Introduction: Review previous lessons

Activity: **CONTINUOUS TRIATHLON/DUATHLON**

1. Set up
 - a. Multiple swim stations (scooters). Set up a swim course
 - b. Multiple bike stations (inside, use trainer or stationary bikes/ outside, set up a bike course)
 - c. Set up the run course

2. Activity – Continuous Triathlon/Duathlon
 - a. Students will be assigned a starting “leg” of either swimming, biking or running
 - b. On the teacher’s signal, all students begin their “leg” for a predetermined amount of time (i.e. - 1 minute, 3 minutes, etc.). At the conclusion of that time, students switch to the next “leg” (swim to bike to run to swim). Students continue to rotate “legs”, repeating the cycle for as many times the teacher chooses.
 - c. If class is very large, the teacher may add a “transition” (rest) station after the run “leg”, and students can measure their heart rate at this time. Also, adding alternative activities will help keep large groups active. These include: swim (scooter), bike, run, swim (pull-ups), bike (wall squat), run (set-ups).

Alternative Activities

Swim

Pull-ups & Pull-up Trainers

Push-ups

Elastic Cords

Weight Training Exercises

- Bench Press
- Lat Pull
- Shoulder Press
- Rows

Exercise Balls

Medicine Balls

Bike

Wall Squats

Two Foot Jumps

Cycling Leg Lifts

Weight Training Exercises

- Squats
- Leg Press
- Leg extensions
- Leg Curls

Run (Also, many of these activities may be used for biking)

Jumping Rope

Step-ups

One-leg Hops & Bounds

Skipping

Glossary

Aerobars – bike handle bars that extend forward over the front wheel. Helps athlete maintain a more aerodynamic position on the bike.

Clipless Pedals – special bike pedals that athletes “step into”. These pedals help the athlete use the entire pedal stroke while cycling. These pedals require cycling shoes with a “cleat”.

Duathlon – an event using two different activities. Usually consists of a run – bike – run event.

Elastic Laces – shoelaces that stretch, helping athletes slide on their running shoes.

Triathlon – an event using three different activities. Usually consists of a swim – bike – run event.

Wave Start – groups of competitors are started at a different time (i.e. 2 minutes apart) to spread competitors out in the course. Usually done based on age groups.

Zip Locks – small plastic pieces that slide into place that eliminate having to tie shoes.