

TRIATHLON

MATERIAL/EQUIPMENT

- Chair (1 per participant)



ACTIVITY DESCRIPTION

- This activity involves mimicking three different sports on the spot, to reproduce a triathlon.

READY, SET, GO

TYPE OF ACTIVITY	EXPLANATION OF THE MOVEMENT	NO. OF REPETITIONS
WARM-UP	Neck: Gently tilt your head forward and backward. Then tilt it from left to right.	5 seconds each side
	Shoulders: Roll your shoulders forward, then backward.	5 times each direction
	Torso: Tilt your torso slightly to the right, then slightly to the left.	10 seconds each side
	Knees: Raise your knees one at a time up to hip level.	8 times each knee
	Hips: With your hands on your hips, lift one foot and swing it forward and backward. Switch feet.	8 times each foot
SWIMMING	Ankles: Stand on your tiptoes.	10 times
	Simulate the backstroke by moving your arms up, back and around.	10 times
BIKING	Next, simulate the breaststroke by bringing the backs of your hands together in front of your chest—arms bent—then push your arms out and sweep back in a circular movement.	10 times
	Sitting on the chair, pedal with your legs, contracting your abdominal muscles. This exercise can be done on the floor or a mat.	1 minute
RUNNING	Run or walk on the spot.	1 minute
CELEBRATE THE END OF THE TRIATHLON	Raise your arms in the air, bow to the crowd, clap your hands to congratulate yourself.	30 seconds

