Australian Government
Australian Sports Commission

EASY   MED   HARD
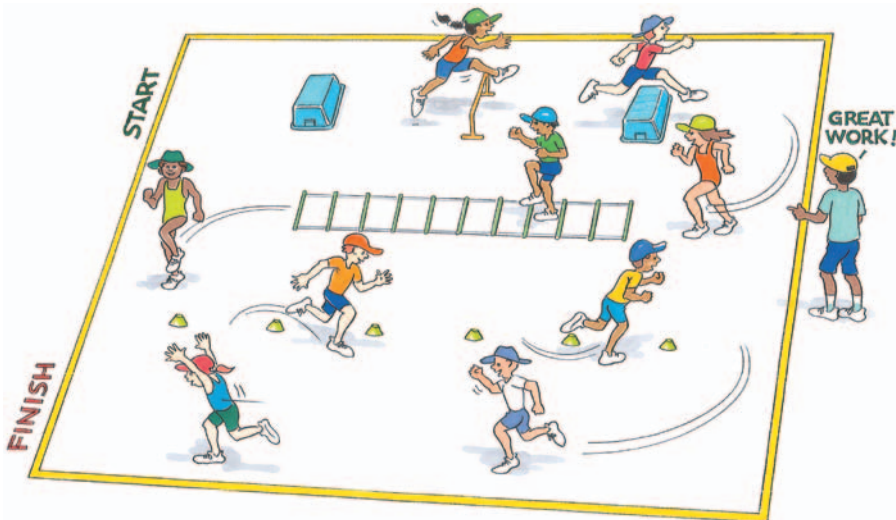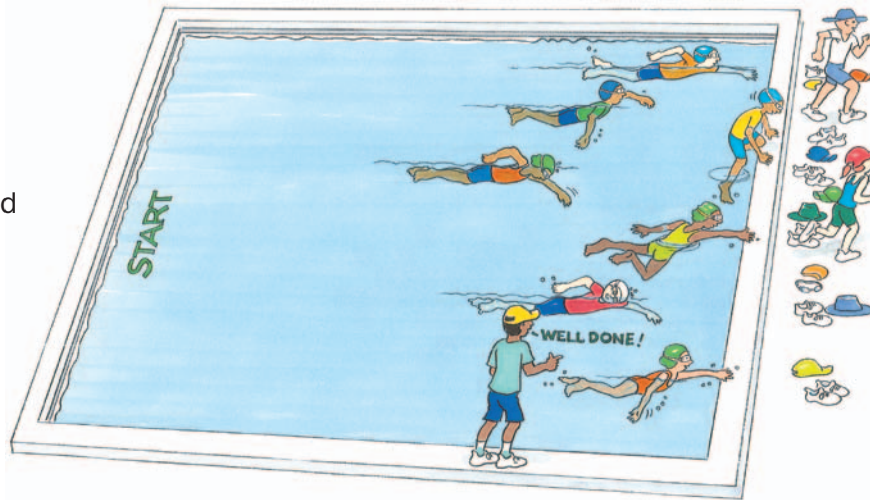
INDOOR FRIENDLY   POOL FRIENDLY

Aquathlon (Swim/run)

SESSION PLANS

Combo > Start Out WC10 + **Get Into It MV 19** + Get Into It MV 20

Players complete a mini aquathlon race by participating in a swim and run leg of a triathlon.

What you need

> Pool or safe open water.
> Marker cones, buoys or lane ropes to define playing area.
> 1 set of goggles, swimsuit and running shoes per player.
> Stop watch.
> 8 pool noodles.
> Kick boards.
> 20–30 tennis balls.

START

WELL DONE!

START

GREAT WORK!

FINISH

What to do

> Participants complete a swim leg (swim station) of 25m, then a run leg (run station) of 200–300m around the pool grounds using an obstacle course.
> Time races and record results.

Scoring

> No scoring is an option.
> Participants try to beat their 'time' on their second go.

LESSON LINK:

Aquathlon is a great activity to prepare players for the swimming and running leg of a triathlon.

Aquathlon (Swim/run)

Skills > swimming, running

change it...

Game rules

Running stations may include:

> Straight running.

> Objects to go over, under, down and around eg: playground slide (if available), agility ladders, mini hurdles, benches, bins, tables.

> Slalom running through marker cones.

> Jumping with 2 legs over noodles.

Swimming stations may include:

> Straight swimming.

> Pool slides.

> Kick boards – each team/player must kick around a set point while balancing a tennis ball (or similar) on their kick board.

> Noodle rides – one member of each team must ferry other members, one by one, across the pool.

Coaching

> Alter distances depending on the ability level of the participants.

> Run as a solo event or team event.

> Complete the course in small teams.

> The entire group must complete each activity before the whole group moves to the next station.

Safety

> Water depth should be suitable for the ability level of all participants.

> Ensure participants hydrate well during or after each activity.

> Allow adequate spacing between the older and younger participants.

ASK THE PLAYERS

> What strategy could you use to finish the course in your best time?

> If working in teams, how can you work together to get the best result for your team?