



Australian Government
Australian Sports Commission

EASY MED HARD



Mini triathlon (Swim/bike/run)

Players complete a mini triathlon by participating in a swim, bike and run leg of a triathlon, including transitions.

What you need

- > Pool or safe open water.
- > Any flat surfaced area (e.g. large hall, tennis/netball courts, oval), preferably not bitumen.
- > Marker cones, buoys or lane ropes to define playing area.
- > Ropes or cones to define transition areas.
- > Bike racks, fence or open space for bikes.
- > 1 bike, 1 bike helmet and 1 hair cover per player (if helmets are borrowed).
- > 1 set of goggles, swimsuit and running shoes per player.
- > Stop watch.

What to do

- > Conduct one or two short races for each group.
- > Establish a start and finish line and ensure participants are aware of their course and requirements.
- > Split into age groups or ability levels — group sizes of approximately 8–10.

- > Begin with a mass swim start.



- > Depending on the age and ability level of participants complete a:
 - swim leg
 - bike ride
 - run leg

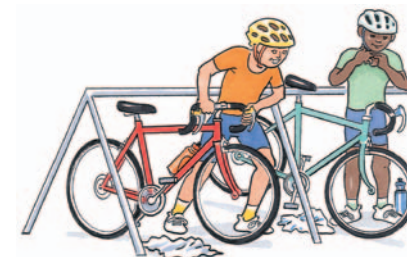


Scoring

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

Leg	Ages 8 and under	Ages 9–12
Swim	50m to 100m	100m to 300m
Bike	500m to 3km	3km to 10km
Run	100m to 500m	500m to 2km

- > Time races and record results.



Transition (T-1)



Transition (T-2)

LESSON LINK

Mini triathlon combines all triathlon skills including the swim, bike and run legs and transition skills.

SESSION PLANS

Combo > Start Out! MV 12 + Get Into It! MV 18 + Get Into It! MV 20

Mini triathlon (Swim/bike/run)

Skills > swimming, running, cycling

change it...

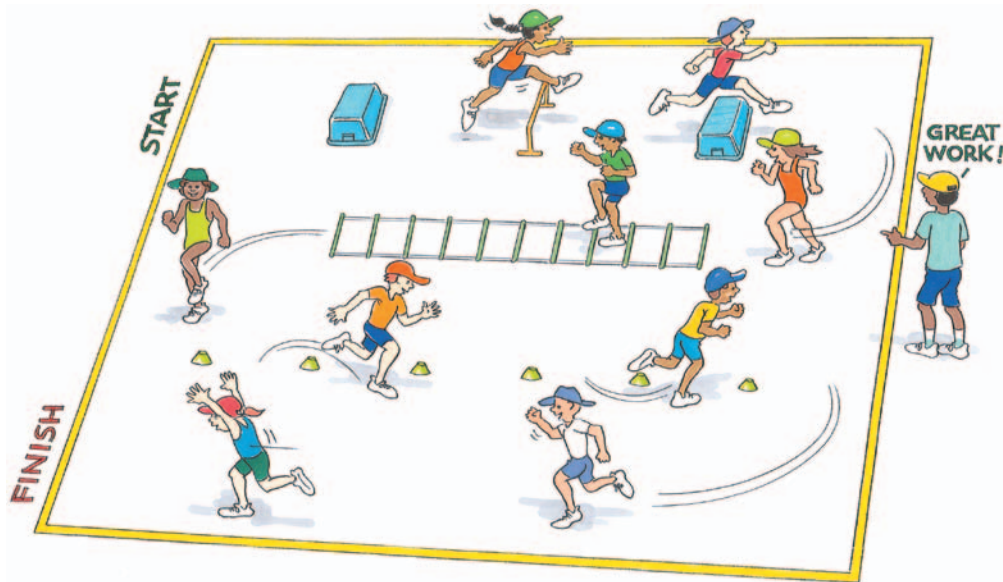
Coaching

- > Alter distances depending on the ability level of the players.
- > Run as a solo event or team event.
- > Add an obstacle course if time and energy permit.

Safety

- > Water depth should be suitable for the ability of all players.
- > Ensure participants hydrate well during or after each activity.
- > Allow adequate spacing between the older and younger players.
- > Ensure helmet is on/done up before 'unracking' bike and remains done up until bike is 'racked' prior to run.

- > Players should perform a basic bike check before every ride:
 - Brakes (do they work?)
 - Stem and handlebars (are they tight? do the ends of the handlebars have plugs in them?)
 - Seat (make sure it doesn't turn or tilt)
 - Chain, pedals, gears (do they change safely?)
 - Wheels (do they spin freely?)
 - Tyres (do they have enough air?)
 - Does the bike fit correctly? (e.g. seat height, reach for handle bars, brakes, etc).



ASK THE PLAYERS

- > How can you prepare your legs for the bike towards the end of the swim leg or for the run towards the end of the bike leg?
- > What strategy should 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?