



Session Plan - Simulating a Mini Tri

Date:	Attendance:	Equipment needed: Kick Boards T-shirts Runners
Venue: Pool		
Duration: 30 minutes		
Introduction (aims for session, reminders, etc.):		
Warm-up activities: Small series of swim warm ups and drills before starting main set	Drills and games: Set up a mini tri by following this format which simulates triathlons and uses most similar muscle patterns It gets around having to have a bike setup and some not kids not remembering <ol style="list-style-type: none"> 1. Swim 150 mtrs ++ depending on age of the training group 2. Kick 200 mtrs ++ depending on age of the training group 3. Transition to putting on run shoes and tee shirts 4. Run 500mtrs 	Cool-down activities: Easy swim
Coaching tips/questions/challenges: Ensure kick is worked Check transition shoes set up Encourage all not to stop or walk		Class management/energisers: Lots of crowd encouragement from coach
Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.) :		