



CANADIAN OLYMPIC ACTIVITY CHALLENGE



TRIATHLON

Triathlon is a three-sport event. Athletes swim, bike and run to the finish line. Triathlon began in the USA as a fitness program for track and field athletes, the first triathlon race was in 1974. Triathlon became an Olympic sport at the Sydney 2000 Olympic Games, and the first gold medal in the men's race was awarded to Canada's Simon Whitfield. Both men and women contest the standard Olympic distance, a 1.5 km swim, a 40 km bike and a 10 km run.

55 men and 55 women compete in the Olympic Games. Before an athlete can qualify, their country must win them a spot. All of the countries compete for 52 of those spots through a ranking system. The ranking list is drawn from major championship results. The top eight nations can bring up to three athletes, and the other countries can bring two at most. The last two spots may be given by invitation.

Not a triathlon course is exactly the same, so there are no official records. The racing is both hectic and tactical. The swim is a mass start in open water, and can get very rough as athletes all have to round the same buoys. During the bike stage, athletes are allowed to tuck in behind other bikers (drafting). This helps them save energy. Usually, the race comes down to the run, and the person who has the fastest finishing sprint wins.

Racing a triathlon is not just about swimming, biking, and running fast. Precious seconds are also spent in transition. First, swimmers trade their goggles and swim caps for helmets and bikes. In the second transition, athletes dismount their bikes and put on running shoes. Some races are won or lost in the transition, so athletes practice their transitions in training.

This endurance sport will be an exciting one to watch at the Tokyo 2020 Olympic Games.

To learn more about Triathlon or to find a local club please visit, www.triathloncanada.com.



SCHOOL PROGRAM

TRIATHLON
CANADA

FEATURED COUNTRY

GREAT BRITAIN



Since hosting its first triathlon in 1983, Great Britain has evolved into one of the world superpowers of the sport. As hosts of the London 2012 Olympic Games, Great Britain captured two of the three available medals in the men's race. Brothers Alistair and Jonathan Brownlee, won gold and bronze, and Helen Jenkins claimed 5th in the women's race. Great Britain's recent dominance of the sport is seen in their 3 World Mixed Team Championships victories in 2011, 2012, and 2014.

In the race to Rio 2016, Great Britain has so far earned one spot for men and two for women. But it is likely that they will once again field the maximum allowable team of 3 men and 3 women.

Triathlon is growing fast in Great Britain. Today, it runs over 700 races a year. British Triathlon is the national body in charge of making the sport great. It unites sport clubs from England, Scotland and Wales, and oversees the related sports of duathlon (running and biking) and aquathlon (running and swimming).

To learn more about triathlon or to find a local club please visit www.triathloncanada.com.

FEATURED ATHLETE



KYLE JONES

Kyle made his World Cup debut in 2005 and has been a member of Canada's National Triathlon Team since 2006. Kyle narrowly missed the podium at two Pan American Games with 4th place finishes in 2007 (Rio de Janeiro) and 2011 (Guadalajara). In 2012 he won his first Canadian Senior title, his first World Cup title, and represented Canada at the Olympic Games in London. Since then, he has added two more National titles, a World Cup silver medal, and represented Canada at the 2014 Commonwealth Games in Glasgow, Scotland.

To learn more about Kyle check out, www.kylejones.ca or www.olympic.ca

TRIATHLON

ACTIVITIES

Described below are Daily Physical Activity triathlon activities that can be used in the classroom and gym. Have fun!

SWIMMING IN A SCHOOL AT SCHOOL

Swimming in a triathlon is crowded! Learning to swim in a group and stay on course makes it safer, easier and more fun. This activity helps you learn to stay on course by “sighting”, lifting your head out of the water to look for buoys that mark your course.



Participants : 2 or more

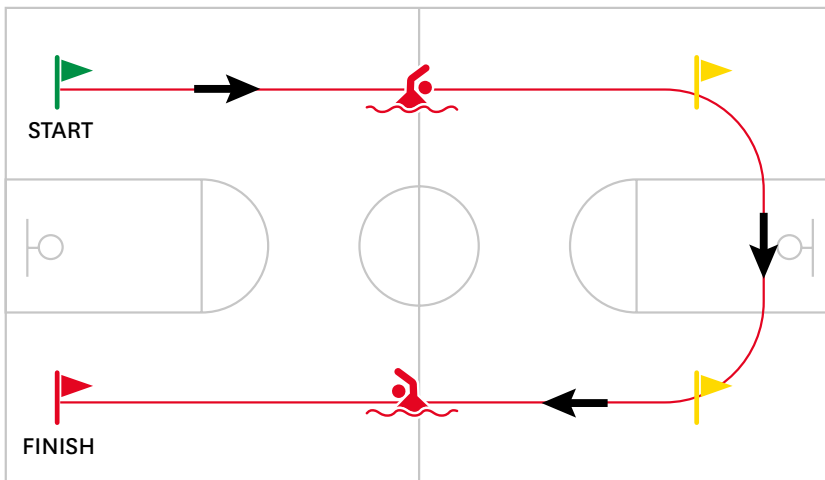


Space : Large open space



Equipment : Pylons for “swim buoys” to mark turns.

SETUP:



ACTIVITY DESCRIPTION:




- As a group, line up on the start line on your hands and knees.
- Keep your hands behind the line until you hear “GO!”
- On “GO!”, in a big group crawl towards the first turn.
- Turn RIGHT but stay to LEFT of the turn markers!
- Go faster or slower at turns to stay with the group.
- As you complete the course, try not to bump into anyone. That will be difficult!
- Count out loud every time someone is bumped. Try the course again and as a group, try to lower your score.

ACTIVITY EXTENSIONS:

1. Make it a race! Allow the group to break apart and see who can get ahead. Did they get ahead by going fast, by taking wide turns away from the group or by staying close to the “swim buoys”?
2. Try a Zig Zag course with left and right turns

SHOES ON, SHOES OFF

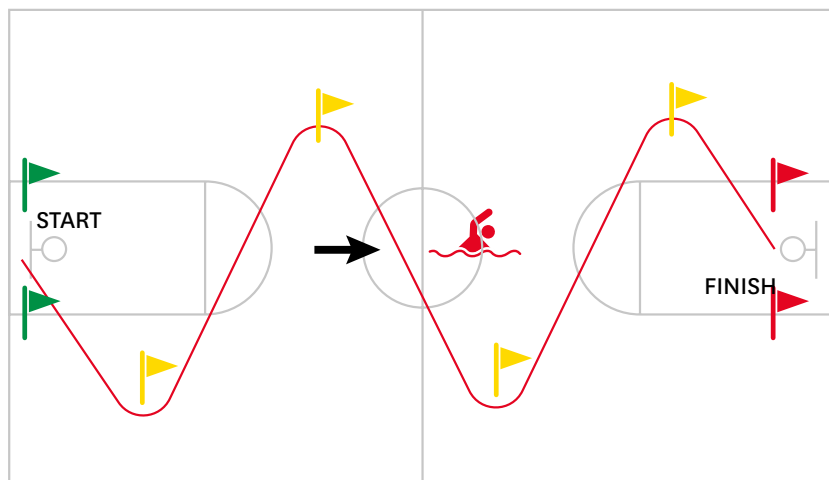
When you do a triathlon you have to move through transition areas, changing your equipment twice. When you transition from the swim to the bike, you take your swim cap and goggles off and put your shoes and helmet on. Between the bike and the run, you put your bike back, and take your helmet off. Athletes have different bike shoes and running shoes, which is why you have to be fast putting them on and taking them off! You have to become very fast at changing your footwear as a race could come down to a matter of seconds.

-  **Participants :** 4 or more
-  **Space :** Large open space
-  **Equipment :** Shoes and 4 pylons

SETUP:

IN YOUR LARGE, OPEN SPACE SET UP THE FOLLOWING:

- Identify a “start line” at one end of the room
- Identify a “finish line” at the other end of the room
- Have all participants place their shoes in a pile at the opposite end of the room.



ACTIVITY DESCRIPTION:

- In your bare feet, line up one behind the other, on the start line.
- On “GO!”, the first person in line runs to the shoe pile.
- Put on your shoes as fast as you can. Make sure you tie your laces! If you don’t have laces, put on your shoes and do 5 jumping jacks before you proceed.
- Run back across room to the second pylon.
- Take off your shoes as fast as you can. You must untie your laces! If you don’t have laces, take off your shoes and do 5 jumping jacks before you proceed.
- Run to the finish line barefoot.
- When you arrive at the finish line, the next person in line can start.
- The timer will stop when all of your team members cross the finish line.

ACTIVITY EXTENSION:


- Sometimes shoes get messed up in transitions and they are hard to find! Pile everyone’s shoes at the end of the room. Participants have to find their shoes, put them on, and run back to finish point.
- Time each participant and see who can find complete the task the fastest.

TRY-A-TRI

The sport of triathlon requires an athlete to swim, bike and run. Triathlon is three sports in one! The swim, occurring first in a triathlon, often takes athletes the least amount of time. The bike often takes the most time. Triathletes have a lot to think about and must stay focused to compete at the highest levels.

 **Participants :** 1 or more

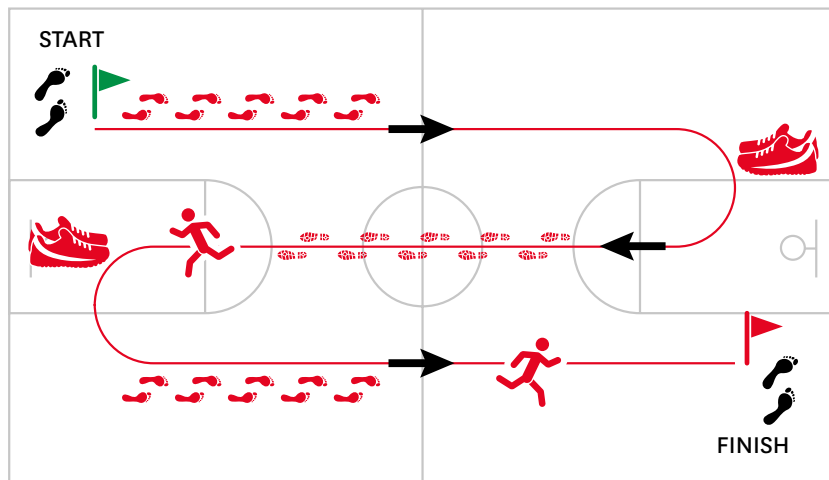
 **Space :** Large open space

 **Equipment :** Pylons to mark turns and indicate start and finish lines.

SETUP:

IN YOUR LARGE, OPEN SPACE, SET UP THREE LOOPS:

- The inside loop, the smallest loop, is the “swim”.
- A slightly longer loop, the middle loop, is the “bike”.
- The biggest loop, the outside loop, is the “run”.



ACTIVITY DESCRIPTION:

- Start in the middle of the room.
- Crawl on hands and knees around the inside set of cones, completing one lap of the “swim”.
- Upon completion of the swimming lap, get up and run with high knees around the middle set of cones, completing one lap of “bike”.
- Upon completion of the bike course, run around the outside set of cones to complete a triathlon.

ACTIVITY EXTENSIONS:

- Include transitions! Put on a hat as your “helmet” before you bike, take “helmet” off after you bike. Complete the swim in your socks. Put your shoes back on before the bike and then take them off, and put them right back on again, before the run.
- Increase your distances. Complete one lap of the swim, two laps of the bike and three laps of the run.
- Host a school triathlon. Arrange with local facilities and triathlon clubs to host a mini-triathlon involving swimming at a pool, biking, and running.

BRINGING IT TO THE CLASSROOM

Canada’s Simon Whitfield was one of the best triathletes in Olympic history. He won gold in the first ever Olympic triathlon in 2000, and silver eight years later in Beijing. Do some web research about Simon, and write a two paragraph biography about him.

Triathlon is a combination of three sports. Invent a new sport that is a combination of your favorite three sports. Write the rules for your new sport. How will athletes move from one sport to another? Will the winner be determined on time or on points?