

# TRAINING TIPS FOR THE CHILD ATHLETE

Physical Training: As in all things, practice makes perfect! Stretch after your workouts



## FOR THE SWIM

Make sure you are in a safe environment with adult supervision when you practice swimming. The Cori's Swim will be at the Riverside Swim Club. If you have the opportunity to practice there, take advantage and swim a few laps! Swimming in any pool setting will be helpful. Find the best swim stroke for you. Ensure that it doesn't exhaust you and it is your fastest pace. Swimming in natural bodies of water can be fun and might even be more difficult (which can only make you stronger, as long as an adult is helping you :) ) For the day of the race, ensure you are wearing your most comfortable swimsuit, a swim cap, and goggles.



## FOR THE BIKE

Safety First! Don't forget your helmet! You will not be able to participate in the event without a helmet being worn in the safe way. Practice on safe roads, practice uphill, practice down Fairbank Road. Ride your bike to a friend's house, ride a bike to and fro, enjoy the summer on your bike.



## FOR THE RUN

Running is something that comes naturally in all activities you participate in. A game of tag, kickball, basketball, or anything other sport helps to develop your running muscles. Great job! You are ahead of the game! You will want to spend time practicing running for a length of time. This will help to not only build your muscles but your endurance. Get a group of friends together and an adult and go for a run down the winding streets of Riverside. Eventually you will be able to run a couple of miles without stopping.

## FOR THE TRANSITION

The trickiest part of your triathlon may be transitioning from one event to the next. Practice biking then immediately switch to running one day. Bike to the swim club. When you finish your laps, immediately transition to ride your bike home.



## FOR THE FOOD

Make sure that your body is receiving enough fruits, vegetables, and proteins. It is very important that you fuel your body with enough energy. Drink lots of water and STRETCH!!!

## FOR THE FUN

"Just play. Have fun. Enjoy the game." - Michael Jordan

