



## Week 1: March 1 - Introduction and Team Building

- **Quote:** "Believe you can, and you're halfway there." - Theodore Roosevelt
- **Agenda:**
  - Warm-Up: Engaging icebreaker games and light stretches.
  - Main Set: Introduction to triathlon fundamentals (swim, bike, run) we will be do a land assessment and then go swimming review everyone's form.
  - Cool Down: Breathing exercises and a group huddle.
- **Note:** Encourage participants to get to know each other and understand the basic rules and expectations for the season. Set a positive tone for the upcoming weeks with emphasis on teamwork and support.



## Week 2: March 8 - Swimming Fundamentals

- **Quote:** "Just keep swimming." - Dory, *Finding Nemo*
- **Agenda:**
  - Warm-Up: Arm circles, leg kicks, and playful splashes in the water.
  - Main Set: Focus on floating, kicking, and basic strokes using pool noodles for support.
  - Cool Down: Gentle floating and stretching by the poolside.
- **Note:** Remind participants to bring swimsuits and towels. Highlight the importance of comfort and safety in the water. Encourage a playful approach to learning swimming techniques.



## Week 3: March 15 - Cycling Adventures

- **Quote:** "Life is like riding a bicycle. To keep your balance, you must keep moving." – Albert Einstein
- **Agenda:**
  - Warm-Up: Walking or light jogging while on bikes.
  - Main Set: Practice mounting/dismounting, pedaling, and braking, incorporating cones for a simple obstacle course.
  - Cool Down: Stretching legs and arms.
- **Note:** Ensure all bikes are in good condition and helmets fit properly. Encourage a sense of adventure and exploration through cycling.



## Week 4: March 22 - Joyful Running

- **Quote:** "The journey of a thousand miles begins with one step." – Lao Tzu
- **Agenda:**
  - Warm-Up: Dynamic stretches followed by light jogging.
  - Main Set: Focus on short sprints and pacing, incorporating tag or relay races for fun.
  - Cool Down: Walking and deep breathing.
- **Note:** Emphasize the enjoyment of running and the power of setting a personal pace. Use games to highlight the fun aspects of running.





## Week 5: March 29 - Transition Techniques

- **Quote:** "Success is where preparation and opportunity meet." – Bobby Unser
- **Agenda:**
  - Warm-Up: Stretching and reviewing triathlon transitions.
  - Main Set: Set up a mock triathlon transition zone to practice moving between swim, bike, and run.
  - Cool Down: Group discussion on what they enjoyed and learned.
- **Note:** Focus on smooth transitions and time management. Foster a supportive environment where participants can share tips and strategies.



## Week 6: April 5 - Mini Mock Triathlon

- **Quote:** "You are stronger than you think."
- **Agenda:**
  - Warm-Up: Full-body stretches and a motivational talk.
  - Main Set: A small triathlon (short distances for swim, bike, run), celebrating every participant!
  - Cool Down: Medals or certificates for participation and group photos.
- **Note:** Encourage participants to apply what they've learned in a supportive, low-pressure setting. Celebrate all efforts and achievements, big or small.





## Week 7: April 12 - Strength and Enjoyment

- **Quote:** "Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't."
- **Agenda:**
  - Warm-Up: Stretching and light yoga.
  - Main Set: Strength-building activities such as using resistance bands, balance games, and obstacle courses.
  - Cool Down: Relaxation and a gratitude circle.
- **Note:** Highlight the importance of building strength both physically and mentally. Encourage expressing gratitude for each other and the journey so far.



## Week 8: April 19 - Race Day Preparation

- **Quote:** "The will to win means nothing without the will to prepare." - Juma Ikangaa
- **Agenda:**
  - Warm-Up: Review of all three disciplines (swim, bike, run).
  - Main Set: Practice a mini triathlon with a focus on pacing and transitions.
  - Cool Down: Group visualization of success on race day.
- **Note:** Reiterate the importance of preparation and staying calm. Use visualization techniques to mentally prepare participants for race day.





## Week 9: April 27 - Final Race Day!

- **Quote:** "It always seems impossible until it's done." - Nelson Mandela
- **Agenda:**
  - Warm-Up: Group pep talk and light stretching.
  - Main Set: Full mini triathlon featuring swim, bike, and run, celebrating every finish!
  - Cool Down: Award ceremony with medals, certificates, and a group photo.
- **Note:** Celebrate the journey and achievements of all participants. Encourage them to reflect on their growth and the friendships made throughout the season.

