



# COMMONWEALTH GAMES CHALLENGE

## WEEK 16 – TRIATHLON

The three activities within this card introduce and develop Agility, Balance and Co-ordination skills. These skills are important throughout the three traditional disciplines in triathlon of swimming, cycling and running as well as during the two transitions which are part of a triathlon event.

**Agility** – in a square approximately 5m x 5m, place 10 cones upside down (dishes) throughout the space. Athletes must start in the middle of the square and turn over all cones from dishes into domes, touch a corner marker and then turn all domes into dishes.

- **Balance** – athletes must walk along the entire length of a line approximately 5cm wide and 10m long (any pitch marked line will do). If they leave the line they must run back to the start and repeat.

- **Co-ordination** – place eight cones in a line with a 50cm gap between each one. Athletes first jump between the cones, turn and hop left-legged in between them then turn and hop right-legged in between them. Once these individual skills are mastered, athletes can try two together then all three as a single exercise.

