



Triathlon Run and Bike Training for 6-12 year old's

**Saturday 9-10am, Butlers Reserve
Scarborough.**

**A fun inclusive 7 week course open to boys and girls.
Introducing running and cycling for triathlon.**

Triathlon is an exciting sport for children. This program is designed by a Triathlon Australia Development Coach who is also an experienced Physical Education Teacher. The course focusses on age appropriate skills to enable kids to tackle the bike and run component of triathlon. It is delivered in a fun, supportive noncompetitive environment.

**For enrolment contact:
girlslikeustriathlon@gmail.com**

Dates:

Feb. 22 – April 4

Price:

\$105.00

**Entry level: All
abilities
welcome**

Skills covered:

- Running technique
- Transitions
- Mount and dismount techniques

**Equipment
Needed:**

- Running shoes
- Bike
- Water bottle
- Sunhat / visor

**Ladies' run group
also available at
the same time
and place, for
those wanting to
improve their
running / fitness.**



ACCREDITED
DEVELOPMENT
COACH 2019-20

