



TRI TRANSITION

Lesson Ideas: Trainer, T- Shirt and Helmet relay

Skills and Techniques

Tri Knights will learn to:

- Put equipment on under pressure.
- The order of putting clothing and equipment on.
- Fitting and removing helmet quickly and safely.
- Understand the importance of correct gear selection in transition.
- Run with their bikes safely.
- Ride in close proximity to other riders.

Technique Guide

- Trainers should be left so you can get your feet in easily. Practice first in preparation.
- Helmet laid upside down with straps on the outside Practice first in preparation.
- Role your T-shirt up so there are 3 holes, 1 for your head 2 for your arms. Practice first in preparation.

Think about:

- What is transition? *Where your bike and run kit is kept. You cannot ride your bike in this area.*
- Remember where your kit is positioned.
- Pace yourself so you are not too tired to put kit on.
- Helmet must be fastened before you touch your bike
- What order would you put your gear on in a race? *Depends on the course layout and what you are comfortable with.*

What to do – before the session

Equipment

Markers and cones. Stop watch, pens/clipboard and whistle.

Venue

Indoor hall or flat-grassed surface.

Safety

Ensure athletes have their T-shirt over their head and pulled down with arms free before moving. Ensure area is free from sharp objects. Laces tied before running.

Organisation

Set out markers as diagram.

What to do – during the session

1. Warm up (10 min)

Revisit and pull activities from other sessions. If using bike ensure athletes try out their bikes for safety and gearing.

2. Trainer Relay (5 min)

Athletes lay trainers in the square. Practice placing trainers. Leave trainers in square and go to the start line: 'GO' athletes run to their trainers and put on as quickly as possible (no loose laces) then return to start position. Repeat in relay format with mixed teams.

3. T-Shirt Relay (5 min)

Lay T-shirt down as technical guide and run through same as trainer game.

4. Helmet Game (5 min)

Helmets placed in the square. Run through same as above.

5. Team relay (10min)

Athletes place their kit at far end on equipment line.

First team member runs from start line places kit on and runs back and tags next one in line.

Repeat but each member has to be rotated 5 times to make it harder to run in straight line.

Differentiation

Easier:

- Reduce the distance to the square.
- More space in between gear.

Harder:

- Mix helmets up.
- Run 50m to transition so you are out of breath putting your gear on - more realistic.
- Face away from the square.
- 5 press-ups then run to square.
- Include bikes.

Including Others:

Help with judging and be positioned to encourage/coach others.

Top Tips:

Pre tie laces so they can slip trainers straight on without using laces. Ensure tight enough to run through!

