



Australian Government
Australian Sports Commission

EASY MED HARD

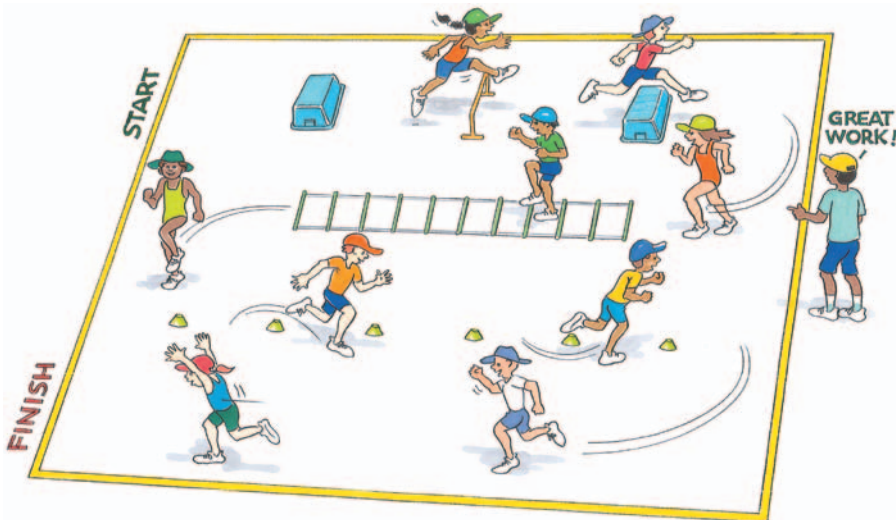
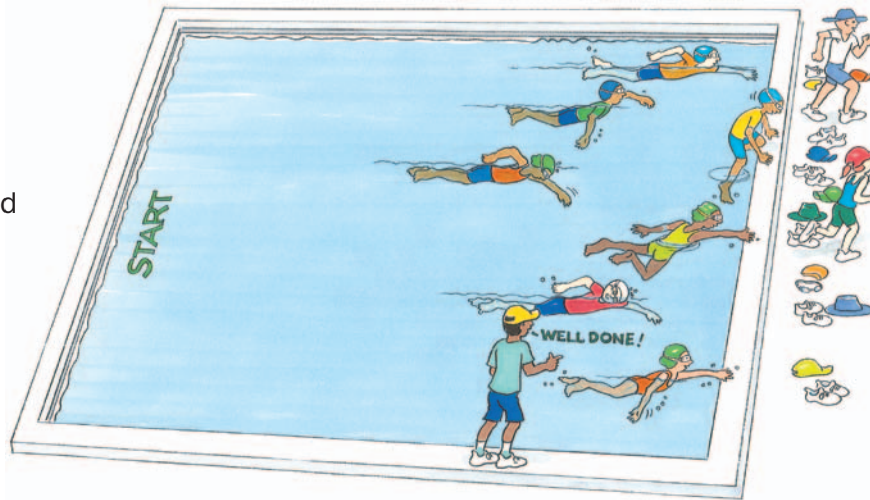


Aquathlon (swim/run)

Players complete a mini aquathlon race by participating in a swim and run leg of a triathlon.

What you need

- > Pool or safe open water.
- > Marker cones, buoys or lane ropes to define playing area.
- > 1 set of goggles, swimsuit and running shoes per player.
- > Stop watch.
- > 8 pool noodles.
- > Kick boards.
- > 20–30 tennis balls.



Scoring

- > No scoring is an option.
- > Participants try to beat their 'time' on their second go.

What to do

- > Participants complete a swim leg (swim station) of 25m, then a run leg (run station) of 200–300m around the pool grounds using an obstacle course.
- > Time races and record results.

SESSION PLANS

Combo > Start Out WC10 + Get Into It MV 19 + Get Into It MV 20

LESSON LINK:

Aquathlon is a great activity to prepare players for the swimming and running leg of a triathlon.

Aquathlon (Swim/run)

Skills > swimming, running

change it...

Game rules

Running stations may include:

- > Straight running.
- > Objects to go over, under, down and around eg: playground slide (if available), agility ladders, mini hurdles, benches, bins, tables.
- > Slalom running through marker cones.
- > Jumping with 2 legs over noodles.

Swimming stations may include:

- > Straight swimming.
- > Pool slides.
- > Kick boards – each team/player must kick around a set point while balancing a tennis ball (or similar) on their kick board.
- > Noodle rides – one member of each team must ferry other members, one by one, across the pool.

Coaching

- > Alter distances depending on the ability level of the participants.
- > Run as a solo event or team event.
- > Complete the course in small teams.
- > The entire group must complete each activity before the whole group moves to the next station.



Safety

- > Water depth should be suitable for the ability level of all participants.
- > Ensure participants hydrate well during or after each activity.
- > Allow adequate spacing between the older and younger participants.

ASK THE PLAYERS

- > What strategy could you use to finish the course in your best time?
- > If working in teams, how can you work together to get the best result for your team?