

 **Sanitarium**[™]
The Health Food Company

Weet-Bix[™]

KIDS
TRYathlon[™]

GET READY GUIDE

PALMERSTON NORTH

IT'S GOOD TO TRY



When you TRY, you find out more. About the world, about other people, about yourself. What you like and what you don't. What you can do - you might surprise yourself! How fast you can go. How far you can go. Trying can be easy, or hard. Exciting or scary. Sometimes you might wonder why you're trying at all. Doesn't matter. Just give it a whirl. Get stuck in and you'll grow stronger. Better to have a go than be a no-show. Go on, have some fun! TRY it, enjoy it, experience everything you can. 'Cos if you don't TRY, you'll never know.



So go on, give it a TRY.

CONGRATULATIONS

on entering the Weet-Bix Kids TRYathlon!

We can't wait to see you!



WHAT TO EXPECT

The TRYathlon has been designed to encourage **PARTICIPATION** and **FUN**, so as long as you've got the right **ATTITUDE** you'll be ready to give it a TRY.




The TRYathlon involves three separate legs: **SWIMMING, BIKING, AND RUNNING**, one after the other.

Each leg varies in length and the distances vary depending on how old you are.

So you can get the most out of your experience, we have put together this Get Ready Guide which outlines:

- **EVENT DETAILS**
- **TRAINING TIPS & PROGRAMME**
- **WELLBEING TIPS**

EVENT DISTANCE

	6YRS	7YRS	8-10YRS	11-15YRS
	50M	50M	100M	150M
		4KM (1 LAP)	4KM (1 LAP)	8KM (2 LAPS)
	1.5KM	1.5KM	1.5KM	1.5KM

Did you know that over **460,000 KIWI KIDS** have completed the Sanitarium Weet-Bix Kids TRYathlon since it began in 1991 and it is the largest under 16 Triathlon in the world?



Helping more Kiwi Kids to the start line this TRY season

haier.co.nz

SOME TRAINING TIPS FOR YOUR TRYathlon

- Start your day with breakfast – it will provide you with much needed fuel for your day. Smoothies and shakes are quick and easy to make and take with you if you're running late.
- For lots of energy eat a healthy balanced diet. Keep away from fatty, sugary foods.
- Drink plenty of water throughout the day to stay hydrated.

YOUR TRYATHLETE PACK

Before or at the event you will receive a TRYathlete pack that includes:

*Official Event T-Shirt + Bib Number Sticker + Swim Cap +
Drawstring Bag + And Goodies from our Sponsors*



Your TRYathlete pack will either be delivered to you by courier, or you will collect this on the day, depending on what option you selected when you entered.

HOW TO GUIDE

**CHECK OUT OUR HELPFUL
“HOW TO” VIDEOS FEATURING
WEET-BIX GUY & WEET-BIX GIRL
SO YOU KNOW WHAT TO EXPECT
ON THE DAY.**

TRYATHLON.CO.NZ/INFO



COURSE MAP



EVENT LOCATION

ONGLEY PARK, WEST END

The TRYathlon will begin with the swim leg in the outdoor pool at the Lido Aquatic Centre. The pool is 50m in length, with a depth of 1m in the shallow end and 1.5m in the deep end. The Transition area is located a short distance from the pool in Ongley Park. The bike leg is around the streets surrounding Ongley Park, and the run leg is around Ongley Park itself.

EVENT DISTANCE

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TRAINING TIP

It's a good idea to visit where the TRYathlon is taking place and get familiar with the course. Try some practice swimming at the beach or pool you will be swimming in, and run and bike around the course.



GET KIDS ACTIVE AND INTO NATURE

Toyota Kiwi Guardians have 112 adventure sites nationwide. These trails are a perfect way for tamariki to get into nature and train for the Weet-Bix Kids TRYathlon at the same time. Plus for every adventure completed, kids can earn a cool medal as a reward! Visit our website to find an adventure near you.



Visit kiwiguardians.co.nz



Department of
Conservation
Te Papa Atawhai

MY TRYATHLON GOAL

My goal is _____

To help me reach my goal I am going to:

1. _____

2. _____

3. _____

I am most looking forward to: _____

The best thing about TRYathlon is: _____

When I grow up I want to be: _____

NAME:

SIGNED:

DATE:

Weet-Bix™



TRAINING PLAN

It's a good idea to do some training in the weeks leading up to the TRYathlon. Following a simple training plan will help ensure that when the event day comes around you are well prepared and can make the most of the day.

You can create your own training plan on the next page or you can download the Weet-Bix TRYTRAINER Plan at tryathlon.co.nz/training/try-trainer

THERE ARE 3 TO CHOOSE FROM:

1. **Beginner** – recommended for 6-9 year olds
2. **Moderate** - recommended for 10-12 year olds
3. **Advanced** - recommended for 13+



TOP TIPS FOR YOUR TRAINING PLAN

1. Make sure your training plan is achievable and that you can fit it in to your week.
2. Do regular, small activities to build your fitness and confidence.
3. Try to swim, bike, and run at least once each week.
4. Remember to practice transitioning from each activity too.
5. Share and agree on your training plan with your family.
6. Put it on the fridge or on your bedroom wall, so you know what you need to do each day.





MY TRYATHLON TRAINING PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

TRAINING TIPS

1. WARM UP

Make sure to stretch your muscles before you begin to exercise to help prepare your body and prevent injury.

Start with a short warm-up first, such as walking or jogging in place or even some dancing to your favourite song.

Check out Weet-Bix Guy's Warm up video below!

<http://bit.ly/TRYWARMUP>



2. GET FAMILAR WITH YOUR GEAR

It is a good idea to practice in the clothes and gear you will use on the day. Especially if you are not use to biking or running in your togs. Make sure you can tie your shoe laces and buckle up your helmet too.

3. HAVE FUN

Have fun while you train. Turn your training into a game or plan to train with friends or your family – it's a lot more fun when everyone is involved.

4. GET CREATIVE

If you can't train for a reason then come up with some creative ways to get your training in, like running around the house for 5 minutes. Remember that even playing or running around with friends, or going biking together as a family still counts.



5. PACE YOURSELF

It is important to learn how to pace yourself. The TRYathlon is not a sprint! Pacing means not using all of your energy at the beginning so you can finish strong without having to stop because you are too tired.

6. DON'T OVER TRAIN

It's important not to over-train because you can become tired, injuries might even occur and you won't be at your best. It's important to have rest days too.

7. ALWAYS PUT SAFETY FIRST

The highest priority should always be your safety no matter what the activity. A safe bike, a good pair of running shoes, and always wearing

a helmet that fits is important. During training, supervision is important – especially if you are swimming. Using parks and fields and areas away from traffic are the safest places to practice.

8. REMEMBER TO WARM DOWN

When you finish training for the day, it's just as important to cool down and stretch again to help your muscles recover.

9. BE SUNSMART

Make sure sunscreen is part of your preparation whether its sunny or not. Apply 20 minutes before heading outside so it has time to absorb. And don't forget, you need 1 teaspoon of sunscreen per body part, reapply regularly and wear a hat.



Proud Sponsor of the Sanitarium Weet-Bix Kids TRYathlon™

TOP TIPS:

1. Have a good pair of goggles that are comfortable and don't leak.
2. Make sure you practice the distance you need to swim in the TRYathlon in training.
3. Practice swimming where your TRYathlon is being held – if it's a beach, practice swimming in the sea.
4. Always try and pace yourself.
5. Practice your freestyle or an easy breaststroke.
6. Make sure you have some fun when you are training – go for a 5 or 10 minute swim then play for 30 minutes.
7. Remember if you ever start to panic in the water, simply roll onto your back and float. If you are in a pool, just grab onto the lane rope and only swim if you are supervised by an adult or lifeguard.

Here at Anchor, we believe that nutrition is key to performance.

That's why we've made sure you can get a taste of home before the event. Just head to the Kids Breakfast tent, and you'll find all your favourite Anchor products, along with Wattie's & Sanitarium.

Fuel up with the goodness of dairy.



CHOOSING THE RIGHT GOGGLES FOR YOU:



1. Make sure they are the right size for your face - If they suction onto your face without the strap perfect!
2. Make sure they are comfortable.
3. Are they a cool colour? (It makes you go faster!!)

Fuelling Kiwi Kids since 1886



EVO CYCLE TIPS



FINDING THE RIGHT BIKE FOR YOU

1. Speak to the friendly staff at your local Evo Cycles store (or other trusted store), they will help you purchase the right bike and ensure it is set up correctly for you.
2. Finding the right size bike is important and this is where Evo Cycles can help you. You want to feel comfortable and confident on your bike, this is important as you don't want an ill-fitting bike that could cause you to crash! And you want a cool colour too because then it will go faster :)



GET YOUR BIKE CHECKED

We recommend getting your bike checked prior to the event to ensure it is running well and safe to ride. It's best to do this at least 2 weeks before the event so that anything that needs to be fixed or replaced can be done in time.

Pop your bike into your local Evo Cycles or other trusted store to get it checked and while you are at it take your helmet in and get this checked too.



EVO'S TOP TIPS!

1. USE YOUR HEAD

- Always wear a helmet!
- Riding a bike is fun but safety must always come first.
- Practice putting your helmet on and taking it off.
- Your helmet must fit properly and comfortably. You don't want it too small or too big. The helmet straps must be tight. A good test is putting two fingers above the eyebrows. The top of the helmet should be touching the top finger. Check this every time you ride.

2. DON'T FORGET YOUR GEAR:

Take a water bottle and make sure you wear sunscreen. Don't overload yourself with heavy items that could affect your balance.

3. PACE YOURSELF:

Don't start off your ride too fast or you will tire yourself. Try to keep a consistent pace throughout.

4. BE CAREFUL:

Always follow the road rules and keep to the left hand side of the road. If possible practice where there is not a lot of traffic. Keep an eye on the road ahead of you and watch out for other cyclists and road users. Preferably practice at your local park or cycle trails - where there are no cars!



RUNNING TIPS

TOP TIPS

1. If you haven't done a lot of running then start off on a small run, around the block or one lap of the park or school field and then slowly build up. You will be surprised at how quickly you improve. Train with others to make it more fun. The time always goes faster when you have someone to talk to!
2. Mix it up – don't do the same run all the time, find some new routes, find some stairs to run up, or do some sprints.
3. Pace yourself. Don't run too fast at the start or you might get a stitch.
4. Always keep yourself hydrated, before, during and after your run.
5. If you do get a 'stitch', slow down or walk for a bit, take long breaths, and place a hand on the area that is sore.
6. Have a positive mind set – there may be times when you feel it's too hard, prepare yourself with positive thoughts and self-talk to help you get through it. For example: "I am, I can, I will" and "breathe, believe, achieve".
7. Most of all have FUN!



FINDING THE RIGHT SHOE FOR YOU:

1. Make sure the shoes fit well – they shouldn't be too tight or too loose, they should give your feet the perfect hug.
2. Get the correct support your feet need – does your foot roll inward or outward when running? To find out make sure you are fitted by a sales assistant and have your foot checked. Getting the right support will help you protect your feet and stay safe when enjoying your run.
3. Make sure they are comfortable – really concentrate on how your feet feel before you buy them. Is your toe pushing up against the shoe, or your heel rubbing at the back?



Learn more about our kid's shoes here.



TRANSITION TIPS

HELPING YOUNG KIWIS' FIND THEIR WIN

TRANSITION TIPS

The most unfamiliar part of TRYathlon is the transition between legs. This is where you need to go from swim to bike and bike to run.

It is important to practice the transition beforehand to get your body used to doing a different activity straight away as it uses different muscles and you'll need to practice getting changed into the right clothing for the next leg. Practicing the transitions will improve the chances that it will all go smoothly on the day.





**DON'T FORGET
TO PRACTICE
YOUR FINISH LINE
CELEBRATION TOO!**



Swim - Run	For the swim to run you could practice this at the swimming pool or beach or you could even try this at home, by running around under the sprinkler. You should also get used to drying yourself.
Run - Bike	For the run to bike you should get used to putting your socks, shoes and helmet on and getting on and off your bike.
Bike -Run	For the bike to run you could try biking for a few minutes and then go for a run straight after. Sometimes when you hop off your bike and start running your legs can feel a bit like jelly!



Weet-Bix™ NUTRITION TIPS



Eating wholegrains like Weet-Bix and lots of yummy fresh fruits and vegetables will give your body the nutrients and energy it needs.

They also have lots of vitamins and minerals that your body needs to be strong and healthy!

--Stay away from foods that are high in fat, salt and sugar; these foods usually don't have a lot of nutrients.--

For some great breakfast ideas check out the Better Brekkie recipes on the Weet-Bix website at weetbix.co.nz



HEALTHY EATING WILL HELP MAKE SURE THAT YOU HAVE THE ENERGY YOU NEED TO TRAIN!



WATER!

As you train, make sure you drink plenty of water, to avoid getting dehydrated. Your body needs fluid to work well.





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IS PROUD
TO SUPPORT
YOUR
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