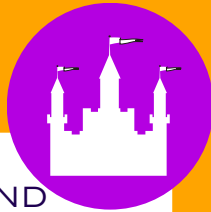


CASTLE RACE SERIES

Top Tips For Junior Triathletes

IDEAL FOR AGES 9-16



FAMILIARISE YOURSELF WITH THE DISTANCES AND COURSE

9-10 years: 100m swim / 4km cycle / 1.3km run
11-12 years old: 200m swim / 4km cycle / 2km run
13-15 years old: 300m swim / 8km cycle / 4km run
The cycle route always takes place within the Castle Estate bound-ary and is off the public road and free of traffic.



RUN TIPS

Head position - Head is the steering wheel, keep still, level and look straight ahead. • Arms - Bent at the elbow and swinging close to the body - hands in but out of pockets. • Relax your fingers, arms, shoulders and face. • Light, quick steps - muscles like springs! • Hips forward, try not to sit back. • Tall from the waist.

SWIM TECHNIQUE

Body position - Imagine swimming through a small tube - long body, streamlined. • Kicking - Legs straight, kick from the hip, toes pointing inwards. • Sculling - Thumbs up, thumbs down, scraping the bowl. Minimal movement from the wrist - forearm/ wrist paddle. • Breathing - Trickle the breath out.

EQUIPMENT

Recommended Kit: Wetsuit, goggles, tri suit (or good gym top and shorts), trainers and a bike (mountain or road works). We will provide you with a swim cap. We have bike and wetsuit hire available to buy months before the race. Maybe even borrow kit from a friend!



HAVE FUN!

We want to make sure every one has the best race day possible! Enjoy the day! With your fans on the sidelines there waiting for you at the finish, we hope you enjoy every single moment! If you or your parents have any questions, please contact us!

TRANSITION TIPS

• Trainers should be left widely open so you can get your feet in easily. • Helmet laid upside down with straps on the outside. • Roll your T-shirt up so there are 3 holes, 1 for your head 2 for your arms. Practice first in preparation. 9-10 years can have a parent to help them in transition. Listen to the team inside transition! They want to help you succeed!

