



ASW TRIATHLON Challenge



Dear Teacher,

In September 2016, Triathlon Ireland introduced a nationwide schools triathlon programme called Tri Heroes.

The programme is designed to help schools and teachers introduce triathlon activities to pupils whilst supporting the needs of the school to deliver the necessary Physical Education progression for all pupils. The programme teaches the basic skills in swimming, cycling and running and brings them together in a manner which will inspire, motivate and challenge children.

Tri-Heroes is a fun, varied, stimulating and suitable for all pupils, whether as part of the curriculum or as an after school activity.

The programme is aimed at pupils over the age of 8 and is typically delivered over 6 weeks. The sessions are delivered by a qualified Triathlon Coach and last approximately an hour. Triathlon Ireland has adapted this programme for Active Schools Week so that teachers can assist and encourage kids to complete a triathlon during this week.

The triathlon can be completed in one hour, 1 day or one week and each discipline can be completed separately or a combined multi-event. The challenge would ask each child to swim (at least 2 lengths), bike ride (min 10 minutes) and run 1 mile all within the week. On completion the child would receive their Tri-Heroes Certificate.

We would ask each participating school to provide a short report of the participants challenge including some photographs. These will be uploaded to the Triathlon Ireland webpage.

Teachers can request sample lesson plans to assist with practice sessions and support can be provided through our Regional Development Officers.

If your school is interested in registering for the challenge or would like further information please contact our office at schools@triathlonireland.com or phone Michael Black on 083-3746607.