



Performance High, LLC

Performance Training For Your Sport

Youth Triathlon Clinic Agenda

(9:00 a.m. - 12 noon)

8:45-9:00	Check In
9:00-9:15	Introductions
9:15-9:30	Lecture: What is triathlon? <ul style="list-style-type: none">- Sports involved- Basic equipment needed- Age-appropriate race distances
9:30-10:00	Bike Practical <ul style="list-style-type: none">- Basic skills/technique
10:00-10:15	Lecture: Nutrition/hydration <ul style="list-style-type: none">- What/When to eat/drink
10:15-10:30	Snack Break
10:30-11:00	Run Practical <ul style="list-style-type: none">- Basic skills/technique
11:00-11:15	Lecture: Safety & Rules
11:15-11:45	Swim Practical <ul style="list-style-type: none">- In-water session
11:45-12:00	Wrap-Up