**Training Program**

April 11–May 23  
Saturdays, 2:30-3:30pm  
Camp Mindy Pavilion

**Saturday, April 11 – Overview Day**  
Meet the participants, go through the course of the triathlon, talk about transition between stages, and go over a basic training program including all stages.  
*Equipment needed:* Running shoes, water

**Saturday, April 18 – NO TRAINING SESSION**

**Saturday, April 25 – Run Day**  
We will talk about the distance, the purpose of warm up and types of running drills to get better. Kids will run around the track and work on the soccer field.  
*Equipment needed:* Running shoes, water

**Saturday, May 2 – Bike Day**  
We will talk about safety, the route, and how to train for the race. Kids will ride through an obstacle course in the pavilion; then complete a longer ride around the track (soccer field).  
*Equipment needed:* Bike, helmet, shoes, water

**Saturday, May 9 – Run/Bike Day**  
Kids will practice on the transition between the biking segment and running. We’ll talk about safety and how it is done. How to set up their station and about the transition.  
*Equipment needed:* Bike, helmet, shoes, towel, water

**Saturday, May 16 – Pool/Swim Day**  
We’ll talk about water safety and how it will be on the race day. Kids will swim one by one or in pairs and will be timed.  
*Equipment needed:* Bathing suit, goggles, towel, water

**Saturday, May 23 – Swim/Bike/Run Day – plus Mock Triathlon!**  
Kids will learn about transitioning between all events. Then, kids will set up their station and complete a full triathlon all together! They will not be timed.  
*Equipment needed:* Bathing suit, goggles, towel, bike, helmet, running shoes, water

**GOAL:**  
To get LJCC Kids Triathlon participants comfortable with all parts of the race: **Swimming, Biking, Running, Transitioning**

**EVENT DAY:**

**9TH ANNUAL LJCC KIDS TRIATHLON**

Sunday, May 31 • 2pm

Benefits Pediatric Rehabilitative Services at Levine Children’s Hospital & ASAP

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**3 Ways to Register:**
- Online: charlottejcc.org  
- Call: 704-366-5007  
- Visit: LJCC Customer Service Desk

**Questions?** 704-944-6870, or jenny.crow@charlottejcc.org

**NOTE** – Separate registration and fee required to participate in the 9th Annual LJCC Kids Triathlon. Register for **Triathlon** online at: **LJCKIDSTRI.ORG**