

Triathlon Training

Overview: This co-ed, 2nd semester class is designed for those students interested in competing in a sprint distance triathlon. Students don't need any prior triathlon experience or training. Participants in this class will be able to train at the level they feel is best for them. The class is best suited for the beginner or intermediate triathlete. Students will weight lift, do Insanity, P-90X, T-25, swimming, running and biking as they progress toward the May Bear Lake Triathlon. In addition to the three disciplines mentioned above, students will learn about nutrition and weight training as it relates to triathletes. Workouts will begin at low levels and increase as the semester progresses. ALL students will be automatically entered into the Bear Lake Triathlon and required to compete in it unless there is an injury or sickness that prevents their participation.

Grading Procedures

Each day the student begins with 20 points. Points are lost completely if the student fails to dress for an activity. Points will be taken away in 5-point increments for the following infractions:

- Disrespect to self, others or equipment
- Dangerous behavior to self or others
- Poor Attitude toward self, or others
- Poor Participation in activity

Excused Absences

It is our policy to have students' make-up class time that has been missed due to an absence from school. This includes trips, illness, and time lost due to injuries, etc. Unlike an academic subject that can be "made-up" by reading or written assignments, physical education make-up will be done by a cardiovascular workout before or after school WITH MR. WARNER. YOU need to contact your teacher to arrange make-up time. Failure to make-up absences will result in a 0 for that day

Unexcused Absences

All unexcused absences will result in a 0 for that day; you cannot make-up unexcused absences.

Tardy Policy

Students are required to be in the locker rooms within the passing time. Five minutes are allotted for changing clothes and reporting to your area from the locker room. All students must be in their assigned area when the teacher starts taking roll. If you come in late you must notify your teacher that you are present.

Clothes

You must be properly dressed and prepared for class. All women in Triathlon Training must wear a one-piece bathing suit. Students will be required to supply their own goggles. As seasons change you should always be ready for cooler or wet weather. Outside bike rides and runs will be done in all weather conditions. Biking will begin after

Spring Break unless we have a warm Spring. Proper dress will be discussed and expected.

Dismissal Time

Generally you will have ten minutes to clean up and dress at the end of class. This time may be increased depending on our activity.

Locker Room

Locks are the responsibility of each student, the GHHS Phys Ed department no longer issues locks. You may bring in your own lock. Students in Tri Training may use a large locker for the semester.

Tentative Schedule

Week 1: Syllabus, Locks, Team building games, Group Initiatives
Weeks 2-8: Base building...weight training, Insanity, T-25, P-90X, Running possible
Weeks 9-16: Swim-Bike-Run workouts, weather permitting
Week 17: Race Prep, "Practice" Race, Transition lesson...Then RACE!
Week 18: "Fun" week with possible off-campus workouts

Grading:

A	100 - 92	C	77 - 72
A-	91 - 90	C-	71 - 70
B+	89 - 88	D+	69 - 68
B	87 - 82	D	67 - 62
B -	81 - 80	D-	61 - 60
C+	79 - 78	F	59 - 0

Exam for this class is the Bear Lake Triathlon, worth 20% of Final Grade.

Please feel free to call with questions or concerns.

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