

JUNIOR TRIATHLON ACADEMY



LA MANGA CLUB
sport & leisure

The Triathlon Academy aims for allround personal development through sporting activity

The Academy outlines the following objectives:

- To acquire motor skills and improve one's physical condition
- To improve psychosocial and decision-making abilities.
- To enjoy triathlon as a recreational leisure activity. Competition does not have to be the priority, the aim is not solely to win, but there are many other skills to be gained in taking part. The aim is to introduce the participant to triathlon and for them to enjoy the sport for the rest of his/her life.

CATEGORIES & SCHEDULE

UNDER 9 7 to 9 years old (born in 2007, 2008 and 2009)	UNDER 12 10 and 11 years old (born in 2006 and 2005)	UNDER 15 12 to 15 years old (born in 2004, 2003 and 2002)
Basic training. Limitations: Training through playing games.	Taught about triathlon as a sporting event. Limitations: Maximum of a 10 km circuit on flat roads with no traffic.	Taught about triathlon and the technical aspects of the sport. Limitations: Introduction to specific distances by category.
Schedule: Monday to Friday from 9:00 to 11:00 o'clock.	Schedule: Monday to Friday from 9:00 to 11:00 o'clock.	Schedule: Monday to Friday from 11:00 to 13:00 o'clock.



JULY		AUGUST	
17/07/17 - 21/07/17	24/07/17 - 28/07/17	31/07/17 - 04/08/17	07/08/17 - 11/08/17
		14/08/17 - 18/08/17	21/08/17 - 25/08/17

While this information is correct at the time of publication, it may be subject to change without prior notice.

COMPETITION CATEGORY DISTANCES FOR SCHOOL CHILDREN.

CATEGORY	1ST SECTION	2ND SECTION	3RD SECTION
UNDER 9	50 m	1.000 m	250 m
UNDER 12	100 m	2.000 m	500 m
UNDER 15	200 - 400 m	4.000 - 8.000 m	1.000 - 2.000 m

ACTIVITIES AND TASKS

UNDER 9 y UNDER 12

SWIMMING	CYCLING	RUNNING
<ul style="list-style-type: none"> Adapting to water-based activity. Working on floating, driving forwards through the water and breathing. Coordination of the basic technical movements. Starting to develop aerobic endurance. Water-based skills. Games and recreation. 	An introduction to using and controlling a bike: <ul style="list-style-type: none"> Balance. Basic positioning. Simple skills. Turns. Riding with precision. Bike safety. Road and traffic education: <ul style="list-style-type: none"> Basic and essential traffic and safety rules. 	Racing technique games. <ul style="list-style-type: none"> Mobility games. Speed games. Lower body strength circuits.

SUB 9 y SUB 12

SWIMMING	CYCLING	RUNNING
<ul style="list-style-type: none"> Perfecting the front crawl technique. Exercises to perfect technique. Development of basic stamina. Introduction to speed work. Water skills. Teaching of the rest of the swimming strokes. 	<ul style="list-style-type: none"> Introduction to road cycling. Advanced skills. Development of basic stamina. Basic understanding of mechanics. Teaching of traffic and safety rules. 	<ul style="list-style-type: none"> Specific race technique exercises. Physical conditioning. Stamina games. Development of basic stamina.

CATEGORY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL	Swimming	Cycling	Running race	Discipline specific warming-up and transitions	Mini-competition

PRICES

CATEGORY	OWNERS	RESIDENTS / GUESTS AT HOTEL AND LOMAS
UNDER 9	€ 225*	€ 265*
UNDER 12	€ 225*	€ 265*
UNDER 15	€ 225*	€ 265*

* Alquiler de bici y casco incluidos

Information and reservations:

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