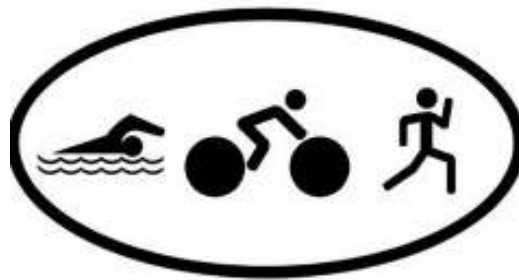


# ***Triathlon***

## ***ACTIVITY BOOK***

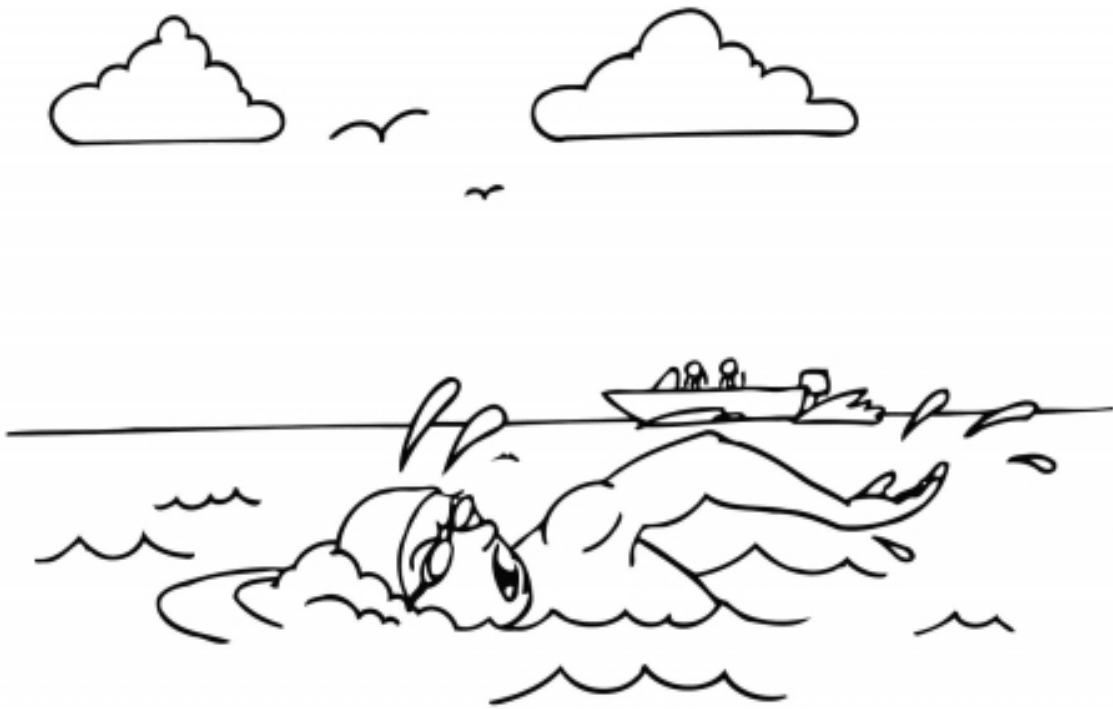


Written by: **TERRY NASH**

For the students of: **ST. GEORGE'S CATHOLIC ELEMENTARY SCHOOL**

Colour in the picture.





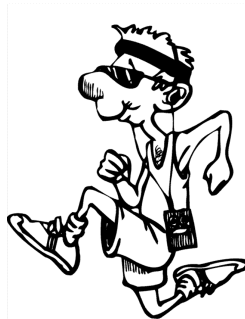
Fill in the picture. What else does your triathlete see while swimming?

# TRIATHLON WORD SEARCH

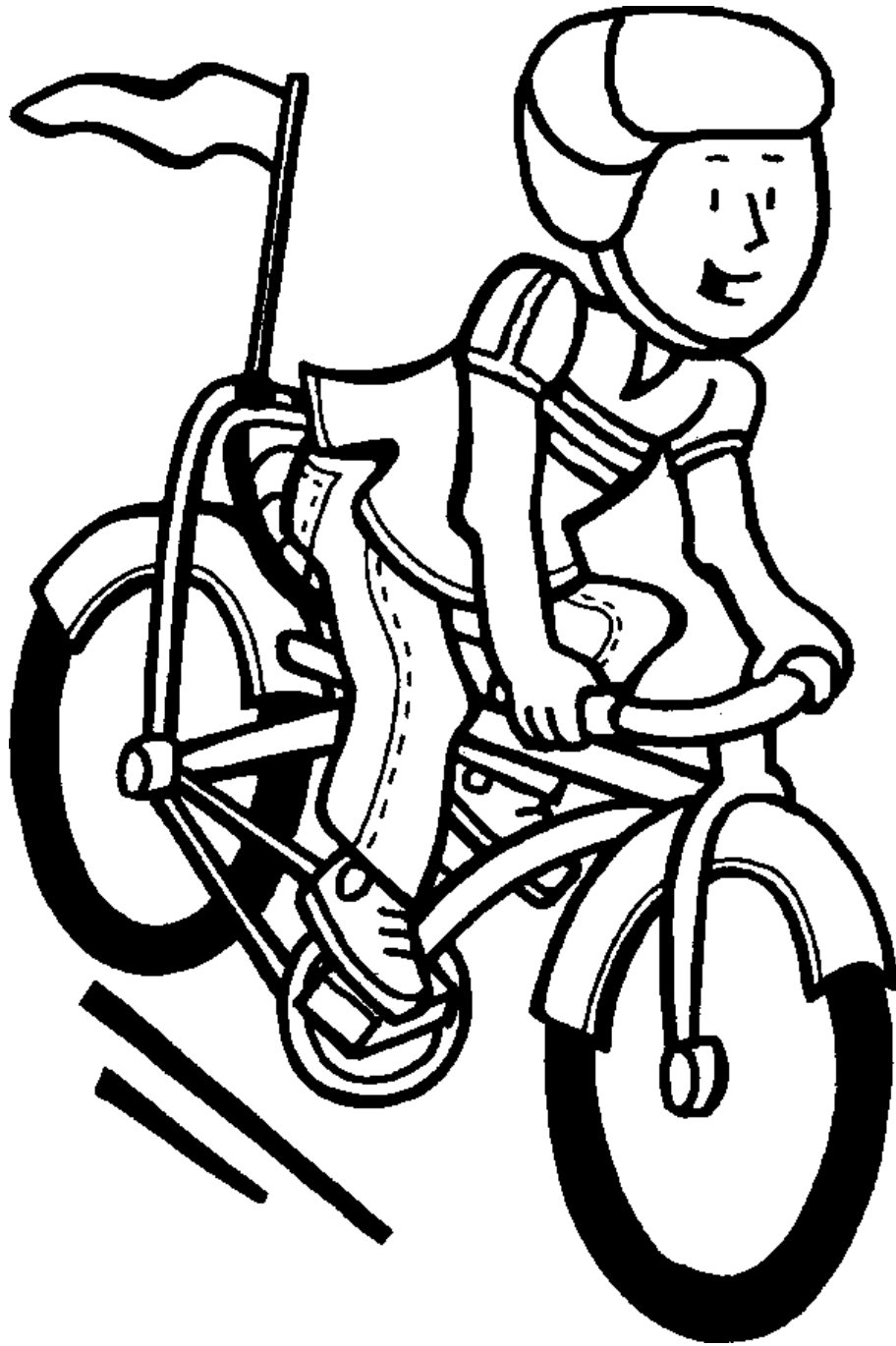
K C E G N E L L A H C T C W E  
X V P K P E D A L D R R K B G  
L T E R P D Q I Z A T I N P D  
H S I N I F W K N X B R U X Y  
J Q Y M T S F S H Q G S R W X  
J E T V W R I E V A M P S A S  
V V I I T T A X Q I A M E L P  
Y I M S I Z A N W E B L V A R  
X O R O W N U S S J K S F D I  
T X N O C E I F C I V I S E N  
E M W A N U A A X N T L B M T  
M H A K V M H T R O L I U L R  
L C X U R K A H L T L W O X J  
E E S A Q X Y N T Z Z L T N R  
H Y B M S M N H P L K C N K C

Bike  
Challenge  
Finish  
Helmet  
Ironman  
Medal  
Pedal  
Run

Sprint  
Sweat  
Swim  
Train  
Transition



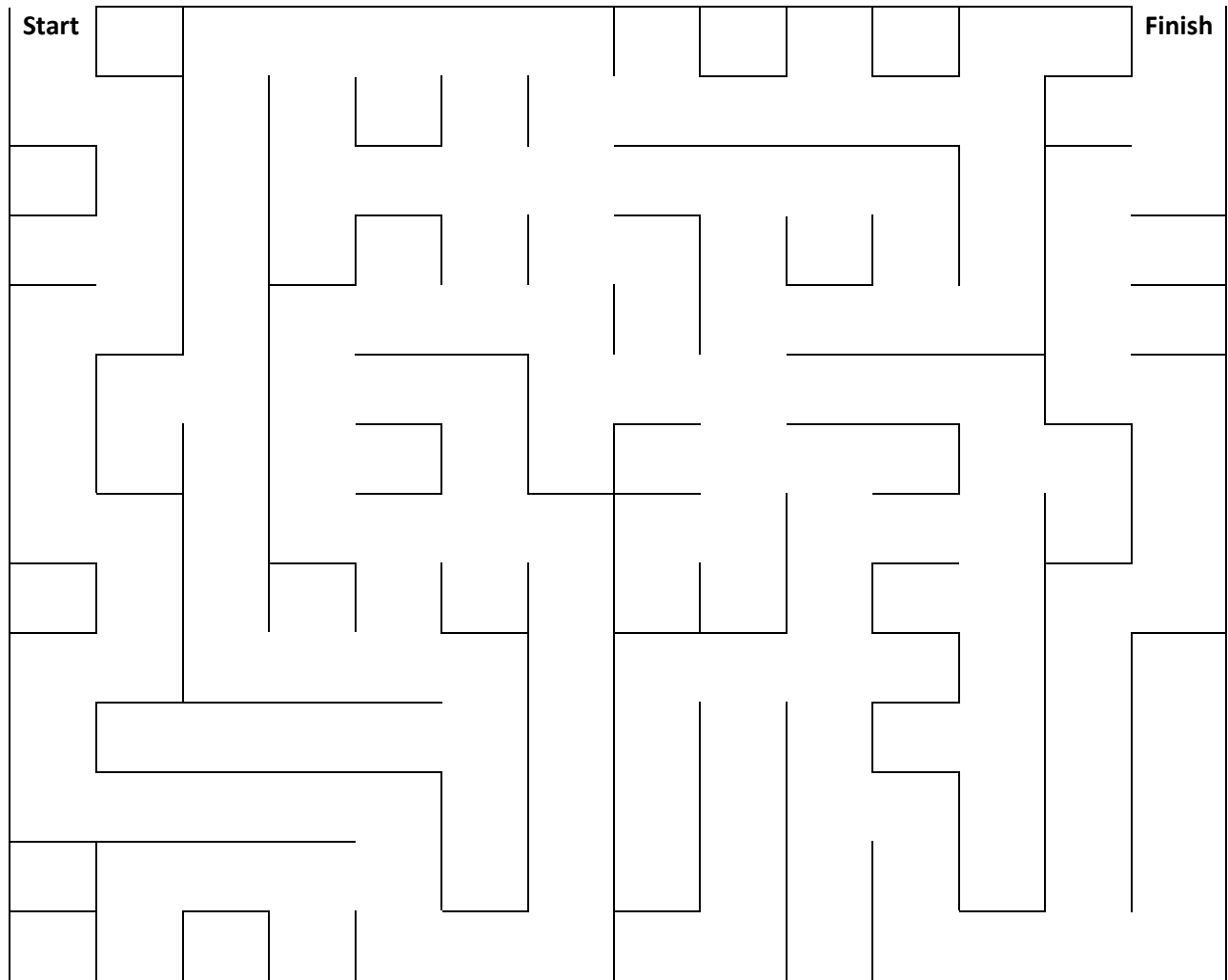
Colour in the picture.



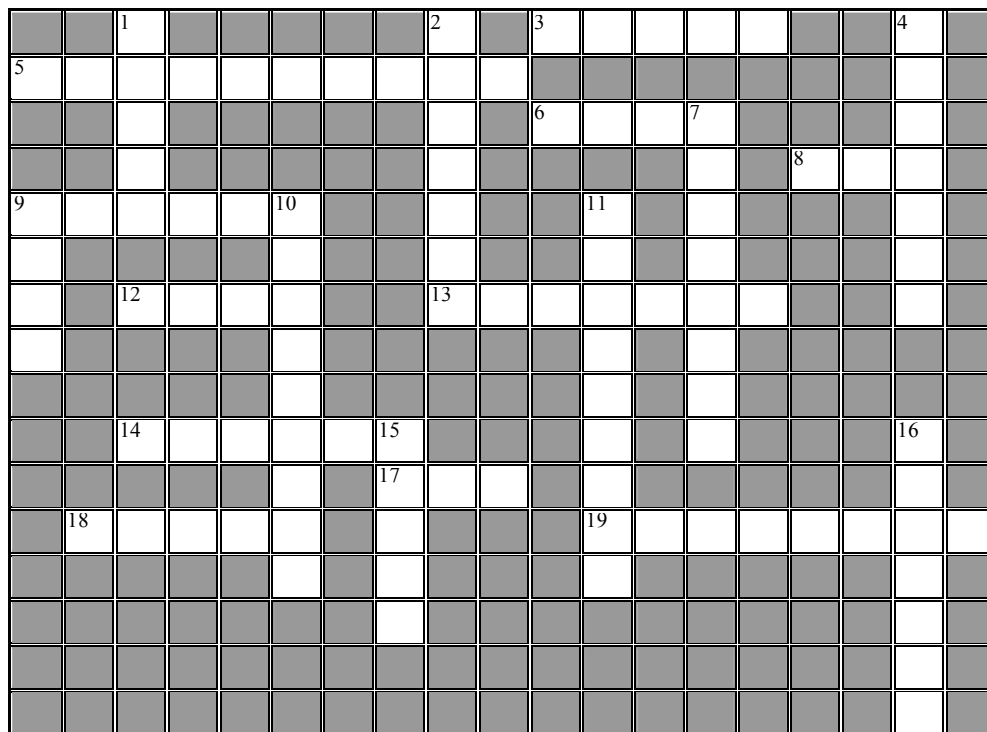
# TRIATHLON MAZE



Help Terry find his way around the bike course all the way to the finish.



# TRIATHLON CROSSWORD



## ACROSS

3. Practicing running after bicycling is also known as this
5. What happens between the swim and the bike, and again between the bike and the run
6. Whenever you train, it is always important to be:
8. The most important part of triathlon
9. What a short distance triathlon is called
12. The second part of a triathlon
13. You should do this after every workout
14. It's very important to wear one of these when you ride your bicycle
17. The last part of a triathlon
18. Everyone gets one of these
19. You wear this over your head when you swim (two words)

## DOWN

1. Make sure to drink lots of this when you train and race
2. You wear these over your eyes when you swim
4. What a very long triathlon is called
7. It's important to do this every day to get fit and strong
9. The first part of a triathlon
10. You might try running on one of these when you train
11. You should have one of these every morning
15. What you should do in the days leading up to your triathlon
16. Triathlon is one way to lead an active and \_\_\_\_\_ lifestyle





These runners need your help! Fill in the rest of the picture to provide them with some encouragement at the finish.



Everybody wants to finish their triathlon strong and feeling good. Unscramble the words below to see what things you can do to make your triathlon as much fun as possible.



1. Leading up to your race, you should first:

**N R I A T**      \_ \_ \_ \_ \_

2. In the morning it is important to eat a well balanced:

**K E T A B S R F A**      \_ \_ \_ \_ \_

3. After your workout you should always spend some time doing this:

**C E I T R S H G N T**      \_ \_ \_ \_ \_

4. When riding your bicycle (or racing), make sure you always wear one of these:

**M L H E E T**      \_ \_ \_ \_ \_

5. The day before your race you should always get lots of this:

**L E P E S**      \_ \_ \_ \_ \_



Be strong. Be healthy. Have fun.