



# KIDS TRIATHLON TRAINING PROGRAM

COURSE #  
61193  
\$50 RESIDENT  
\$65 NON-RESIDENT

SESSIONS START ON APRIL 13, 2014 • SPACE IS LIMITED • REGISTER TODAY!

Broomfield Recreation Services is proud to present every child in the area with the opportunity to become a triathlete. This proven, 7-week program will prepare the kids to participate in the 2014 Colorado Kids Triathlon. The course is designed for kids who have never done a triathlon, and it combines the expertise of some of our outstanding community partners.



EXCLUSIVE TRAINING PARTNER OF THE COLORADO KIDS TRIATHLON

*In Proud Partnership with*



## Why Triathlon?

Whether your child is already very active or is looking for a new sport to embrace, triathlon might be the answer. The variety of swimming, biking and running is appealing to kids, and it helps avoid overuse injuries and burnout. Most importantly, it is a sport we can all play for a lifetime. Triathletes embrace a healthy, active lifestyle focused on daily exercise, good nutrition and having fun with friends and family. We encourage you to give it a tri!

COLORADOKIDSTRIATHLON.ORG

# INTRO TO TRIATHLON TRAINING PROGRAM OVERVIEW

- WHO:** The training program is open to all kids ages 6 to 15. Participants should have basic swimming abilities and their own bike. There is an additional registration fee for the actual event.
- WHAT:** This training program is organized into 7 weekly sessions. The focus of the program is more educational than hard-core training though it does involve swimming, biking and running – along with other cross-training. The goal is for every participant to be ready to complete the Colorado Kids Triathlon by the end of the program.
- WHERE:** Sessions will be held at the Broomfield Community Center (unless otherwise instructed). Once you register, you will be given a week-by-week calendar for the entire program.
- WHEN:** Individual classes are held on Sundays from 4:00pm to 5:30pm. The first session starts on Sunday, April 13, and the program continues up through June 22nd.
- WHY:** It is cool. It is taught by professionals. And, it is a great way to show kids that being healthy and active can be a ton of fun.
- HOW:** All you need to do to register for the training program is call 303.460.6900 or visit [www.broomfieldrecreation.org](http://www.broomfieldrecreation.org).

**CALL VERONICA TODAY AT 303.460.6928 FOR ALL THE DETAILS!**

## WHAT IS THE COLORADO KIDS TRIATHLON?

Triathlon is one of the fastest-growing sports in the world, and kids triathlons are a vital part of the trend. There is no better way for a child to experience the benefits of a healthy lifestyle focused on hard work, daily exercise and proper nutrition.

Organized through the non-profit organization, Kids Triathlon, the Colorado Kids Triathlon will attract 800 participants ages 6 to 15 from throughout the region. It is expected to be the largest kids triathlon ever held in Colorado, and it will be 1 of the 10 largest held in the U.S. this year.

The race will take place on Sunday, June 29, 2014 at Adams City High School in Commerce City, CO. All roadways will be closed to outside traffic throughout the race, and safety is our #1 priority. The event is designed for first-timers, and every finisher will receive a cool medal and free ice cream. To register for the actual race or for more information, please visit [ColoradoKidsTriathlon.org](http://ColoradoKidsTriathlon.org).

## HOW DOES THE TRAINING PROGRAM WORK?

Through Commerce City Parks and Recreation, these training programs are offered to all residents of Commerce City. The program is taught by professional coaches and experienced triathletes, and it consists of 7 weekly sessions. Each session lasts for 90 minutes and focuses on one aspect of the sport of triathlon.

By the end of the 7 weeks, every participant will be ready to complete their first triathlon on June 29 at Adams City High School (separate registration is required for the actual race). Here is a quick overview of the topics covered in each of the 7 weekly sessions:

Week #1	General Introduction & Swim Test
Week #2	Swimming
Week #3	Running & Nutrition
Week #4	Biking, Bike Safety & Transitions
Week #5	Swimming
Week #6	Running & Biking
Week #7	Practicing what we've learned

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