



Pathfinder's Name

Triathlon

1. Give three Bible principles and two Spirit of Prophecy principles to support exercise.
- Bible principles
1. _____
2. _____
3. _____
- Spirit of Prophecy principles
1. _____
2. _____
2. Give a report on the correct diet to maintain peak physical condition and how this was maintained for the duration of training. Include fluid intake during and precompetition, and in-competition food intake.
3. a. Give guidelines for correct training, including warm-up, stretching, injury prevention, prevention of overtraining, etc.
- b. Present your regular training program.
- c. List the correct equipment, including bike, shoes, clothing.
4. Exhibit knowledge of the techniques of swimming, cycling and running.
5. Compete in all three aspects of a recognized triathlon event, either solo or as a team member, where the triathlon is similar to:
- a. Swim—500m
- b. Cycle—15km
- c. Run—10km
- d. within 4.5 hours
- Date completed _____

Date completed _____

Instructor's Signature _____

Triathlon, Advanced

- 1. Have the Triathlon Honor.
- 2. Developing a training schedule for yourself.
- 3. Keep a training log for two months. (Complete Chart #1)
- 4. Participate in an Advanced Triathlon as a solo participant, where the triathlon is similar to:
 - a. Swim—1.5km
 - b. Cycle—40km
 - c. Run—10km
 - d. within 4.5 hours

Date completed _____

Triathlon, Advanced, Chart #1

Month: _____

Day 1 Swim: Bike: Run:	Day 8 Swim: Bike: Run:	Day 15 Swim: Bike: Run:	Day 22 Swim: Bike: Run:	Day 29 Swim: Bike: Run:
Day 2 Swim: Bike: Run:	Day 9 Swim: Bike: Run:	Day 16 Swim: Bike: Run:	Day 23 Swim: Bike: Run:	Day 30 Swim: Bike: Run:
Day 3 Swim: Bike: Run:	Day 10 Swim: Bike: Run:	Day 17 Swim: Bike: Run:	Day 24 Swim: Bike: Run:	Additional Notes:
Day 4 Swim: Bike: Run:	Day 11 Swim: Bike: Run:	Day 18 Swim: Bike: Run:	Day 25 Swim: Bike: Run:	
Day 5 Swim: Bike: Run:	Day 12 Swim: Bike: Run:	Day 19 Swim: Bike: Run:	Day 26 Swim: Bike: Run:	
Day 6 Swim: Bike: Run:	Day 13 Swim: Bike: Run:	Day 20 Swim: Bike: Run:	Day 27 Swim: Bike: Run:	
Day 7 Swim: Bike: Run:	Day 14 Swim: Bike: Run:	Day 21 Swim: Bike: Run:	Day 28 Swim: Bike: Run:	