

# Evo Swim

## Lesson Ideas: Front Crawl – Drills and Technique

Contact Evo School Tri Club

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### Skills and Techniques

#### The swimmer will learn:

- The importance of good swimming technique and if we practice these drills we can improve
- To improve body position, reducing resistance
- To get a feel for the water
- Swimming can be fun!
- Teamwork

#### Technique Guide

- Body position – Imagine swimming through a small tube - long body, streamlined.
- Kicking – Legs straight, kick from the hip, toes pointing inwards.
- Sculling – Thumbs up, thumbs down, scraping the bowl. Minimal movement from the wrist – forearm/wrist paddle.
- Breathing – Trickle the breath out.

#### Think about:

(these can also be used in a quiz)

- What happens if your legs are too low in the water when swimming front crawl? **Legs drag behind and cause resistance!**
- What happens if your head is too high in the water when swimming front crawl? **Your legs will drop down and cause resistance!**
- Why can it be helpful to breathe both sides when swimming in triathlon? **To know who is around you and see where you are going. Drafting**

### What to do – before the session

#### Equipment

Floats for kicking, loud hailer, goggles for swimmers.

#### Venue

Swimming pool ideally 20-25m with 4 lanes.

#### Safety

Pool depth, lifeguard. Work within facilities' normal operating procedures. Use a loud hailer to gain swimmers attention, especially when floating on warm up with face down! Ensure swimmers know which direction to swim.

#### Organisation

Divide swimmers in to lanes by ability if necessary.

#### What to do – during the session

1. **Warm up (5 min)** - 2 lengths – 1 front crawl and 1 backstroke. Provides a good opportunity to assess swimmers and group lanes by ability if necessary.  
Who can float?  
'Star' – on front and back with arms and legs spread wide.  
'Pencil' – on front and back, long and thin arms straight and legs straight.  
'Mushroom' – holding knees to chest with arms and chin tucked in.  
Practice then see who can hold the position the longest.
2. **Body Position - (5min)** - Push and Glide – with arms and legs out wide. Repeat with arms straight and legs together – streamlined. What was the difference? Who can glide the furthest?
3. **Kicking - (5min)** - On Front holding float, straight-arms in front. On Back holding float straight over legs - try not to Kick the float, which will keep your legs straight. Swim one length Front Crawl - How did that feel after kicking?
4. **'Sculling' - (5min)** - Sculling is a figure of eight moving with hands moving inwards and outwards quickly. Maintain water pressure on hands. 1 length of each.

Feet first - Lay on back leading with feet.

Head first – Lay on back leading with head.

Seated – Knees to chest, look & move forward.

Swim one length Front Crawl - How did that feel after sculling? Could you feel the water more?

5. **Breathing – (5min)** - 1 length of each.  
Every 2 – breathing every 2 strokes.  
Every 3 (Bilateral) – both sides
6. **'Golf' – (5min)** - Swim 1 length and count strokes (each time your hand enters water) and record for the length.  
Stroke count + time for the length = golf score.  
Feedback/swimmers thoughts.  
How can you reduce the score? Better push and glide and push past hip – long strokes. Reducing the score = efficient swimming and conserving energy for the bike & run

### Differentiation

#### Easier:

3. Hands holding on the side & practice kicking action.
3. Widths instead of lengths.

#### Harder:

3. More lengths.
5. 3,5,7,9 breathing pattern.

#### Including others:

Non-swimmers can count strokes and golf score. Observe and provide feedback – group discussion.

#### Top Tips:

Each activity can be finished off with a relay if you have time. Select teams and record scores throughout session. Team names can be countries in the Olympics.



# Evo Bike

## Lesson Ideas: Balance and Coordination

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### Skills and Techniques

#### Tri Riders will learn to:

- Walk and run with their bikes under control.
- Select appropriate gears and 'feel' the difference in gears.
- Brake and steer safely and effectively.
- Ride in close proximity to other riders.
- Work as a team!

#### Technique Guide

- When holding the saddle of the bike with one hand, run tall and use other arm for balance – look forward.
- Control speed – squeeze brakes, don't snatch!
- Riding with one hand – other hand covers brakes and steers gently!
- Ride up to the side of other riders to 'high 5' or catch a foxes 'tail' – side by side.
- If legs getting tired 'pace' yourself and use easy 'gears'.
- Look forward and be aware of other riders.

#### Think about:

(these can also be used in a quiz)

- What do we mean by the easiest gear? When your chain is sitting on the smallest 'chain ring' on the front and biggest cog/sprocket on the back wheel 'cassette'.
- When would you use your hardest gear? Downhill or road surface.
- When would you need to push your bike in a triathlon? In the Transition area (where your bike and run kit is).
- What is the benefit of holding the bike by the saddle when not riding? One arm is free for balance – easier to observe others and find where your bike is.
- When would you need to take your hand off your bike? Drinks bottle, signalling and wiping your face of sweat!

### What to do – before the session

#### Equipment

Markers and cones, bibs, stop watch, pens/clipboard and whistle.

#### Venue

Flat-grassed surface – e.g. inside of 200m track.

#### Safety

Ensure riders go through bike, helmet and clothing. Check the markers (boundary) are far enough away from trees, bins etc. Tri Riders rest 2 fingers over both brakes (cover brakes) at all times ready to control speed and stop safely when needed. Ensure bibs (tails) are not too long – may get caught in wheels!

#### Organisation

Set out an oval area (ideally on grass).

### What to do – during the session

1. Bike Push (5min) - Pupils to start off walking next to the bikes holding the handlebars, any direction, then in to an easy jog – follow my leader! How many chain rings has your bike got? What gear is appropriate for this terrain? Continue follow my leader on bikes using appropriate gears.
2. High 5's (5min) - Pupils on bikes (easy gears) can high 5 everyone in the group including coaches and non-riders.
3. Buddies (5-10min) - Pupils on bikes link up - one hand on buddies' houlder/back.
4. Fox & Hounds (15-20min) – on bikes  
Divide the groups into 2 teams – Foxes and Hounds.  
Foxes use bibs for 'tails' – tuck them into waist of trousers or shorts. Must be at the side not front or back!  
Foxes start by cycling inside the oval. Hounds start outside.  
The hounds can be encouraged to howl and growl. Release the 'hounds' to chase the foxes inside the oval to retrieve the tails.  
Tails should be given to the teacher or nonriders.  
Once caught you become a hound.

### Differentiation

#### Easier:

1. Raise hand a few inches off handle bar then touch helmet.
2. Hold hands, arms instead of shoulders.
3. Use a smaller area.

#### Harder:

1. Push bike with one hand in middle of handle bars (stem) then try the saddle. Both sides of bike.
2. Try other hand or pass a drinks bottle!
3. 2's, 3's & 4's how many in a line!?
4. Use a smaller area. Time each team. Good riders select a really easy gear.

#### Including others:

Non-riders can join in with high 5's, collect bibs and be positioned around oval encouraging others. Hold hands and walk with those who are wobbly when one handed on their bikes.

#### Top Tips:

Encourage your Tri Riders (pupils) to go through a bike, helmet and clothing check while you set the oval course out. Activities can be used as one lesson or as a warm up and developed in to relays, slaloms and fun games for other sessions. See useful links below.

#### Further useful links:

##### Junior Triathlon Bike Training

##### Choosing the correct sized bike helmet

##### Basic bike maintenance

Basic bike check, crucial before any ride out be it a social ride or a race.

##### Triathlon bike options – beginners to serious competitors

Where to start with triathlon bikes and something a little bit more serious

##### Cycle clothing

Visit: [thebikecompany.co.uk](http://thebikecompany.co.uk)



# Evo Run

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### Skills and Techniques

#### Tri Runners will learn to:

- The importance of proper running technique: with practice we can improve and feel more efficient.
- Running can be fun!

#### Technique Guide

- Head position – Head is the steering wheel, keep still, level and look straight ahead.
- Arms – Bent at the elbow and swinging close to the body - hands in but out of pockets.
- Foot plant – mid foot, not heel or toes.
- Relax your fingers, arms, shoulders and face.
- Light, quick steps – muscles like springs!
- Hips forward, try not to sit back.
- Tall from the waist.

#### Think about:

##### (these could also be used in a quiz)

- Foot plant - Why don't we place our heel down first? Acts as a break and results in more impact!
- Why don't we swing our arms side to side? Your body will move the same way and slow you down!
- Why is it important to relax your fingers when running? If you clench your fists the tension will go up to the arms, shoulders, and neck.
- Why is skipping good for improving running? Coordination, foot plant, reduces ground contact time = improved running economy.
- Why should we lean forward slightly? It helps you keep moving quickly with the help of gravity.

### What to do –before the session

#### Equipment

Markers and cones, hoops, 4 ladders, skipping ropes.

If no ladders use tape on floor. If no hoops use cones placed in a circle.

#### Venue

Flat-grassed surface.

#### Safety

Ensure runners know which direction to run in and run at a very easy pace when doing drill work. Appropriate rest periods to maintain good technique and opportunity to discuss progress and feedback.

#### Organisation

Set out a square approx 20mx20m.

### What to do – during the session

#### Easier:

1. **Warm up (10 min)** - In a group go through mobility and dynamic exercises.  
Arm and shoulder circles, hip rotation.  
Static: Leg swings (can-can style) - Group in a line holding onto each other's shoulders, swing leg in front (hip high) x5 each leg, then turn to side and swing leg across the body x5 each leg. High knees and drive arms, heel flicks, squats.  
Moving: Calf walks, short light steps beginning to jog slowly around square, stop and do 5 small walking lunges each leg, easy jog into 6-10 high knees and heel flicks.
2. **Drill Square' (20min)**  
Divide group into teams of 4. First person sets off and completes one side of the square (drills below) then the next one starts. Start walking or slow movements first, then progress onto faster movements.
  - High knees – move picking your knees to hip height, not chest to knees!
  - Heel flicks – move kicking your bottom
  - Skips – skip exaggerating arms and legs.

- Arm action – medium steps concentrating on good arm movements.  
**Feedback/runners thoughts**  
Once competent progress onto completing the full square practicing one drill. For example high knees all the way round the square, then the next person goes. Other team members can observe technique and advise each other.  
**Team Relay** - One team member to stand at each cone demonstrating good technique. First person starts then tags next and so on. Repeat 2/3 times.  
**Feedback/runners thoughts**
- 3. **Skipping Ropes – (10min)**  
Practice skipping on the spot for a couple of minutes – which tri runner can skip the quietest?  
Light feet - springs! Rest/feedback 30sec as many as you can! Rest.  
Buddy up with partner, one skips the other counts how many in 30 sec – beat each other.  
Finish off with a Relay Race around the square in teams. Revisit technique drills for an easy paced cool down.

### Differentiation

#### Easier:

1. Smaller square.
2. More rest after drills.

#### Harder:

1. Larger square.
2. Include a run (to next cone) after each drill, so distance is increased.

#### Including others:

Non-Runners can identify when poor technique is taking place – scoring the runners technique, number of skips and speed. Shout out commands 'arms bent at elbow', 'head still'. Constructively feedback.



# Evo Transistion

## Lesson Ideas: Trainer, T- Shirt and Helmet relay

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### Skills and Techniques

#### Evo Tri Juniors will learn to:

- Put equipment on under pressure.
- The order of putting clothing and equipment on.
- Fitting and removing helmet quickly and safely.
- Understand the importance of correct gear selection in transition.
- Run with their bikes safely.
- Ride in close proximity to other riders.

#### Technique Guide

- Trainers should be left so you can get your feet in easily. Practice first in preparation.
- Helmet laid upside down with straps on the outside Practice first in preparation.
- Role your T-shirt up so there are 3 holes, 1 for your head 2 for your arms. Practice first in preparation.

#### Think about:

- What is transition? Where your bike and run kit is kept. You cannot ride your bike in this area.
- Remember where your kit is positioned.
- Pace yourself so you are not too tired to put kit on.
- Helmet must be fastened before you touch your bike What order would you put your gear on in a race? Depends on the course layout and what you are comfortable with.

### What to do – before the session

#### Equipment

Markers and cones. Stop watch, pens/clipboard and whistle.

#### Venue

Indoor hall or flat-grassed surface.

#### Safety

Ensure athletes have their T –shirt over their head and pulled down with arms free before moving.

Ensure area is free from sharp objects. Laces tied before running.

#### Organisation

Set out markers as diagram.

### What to do – during the session

1. Warm up (10 min) - Revisit and pull activities from other sessions. If using bike ensure athletes try out their bikes for safety and gearing.
2. Trainer Relay (5 min) - Athletes lay trainers in the square. Practice placing trainers. Leave trainers in square and go to the start line: 'GO' athletes run to their trainers and put on as quickly as possible (no loose laces) then return to start position. Repeat in relay format with mixed teams.
3. T-Shirt Relay (5 min) - Lay T-shirt down as technical guide and run through same as trainer game.
4. Helmet Game (5 min) - Helmets placed in the square. Run through same as above.

5. Team relay (10min) - Athletes place their kit at far end on equipment line.

First team member runs from start line places kit on and runs back and tags next one in line.

Repeat but each member has to be rotated 5 times to make it harder to run in straight line.

### Differentiation

#### Easier:

- Reduce the distance to the square.
- More space in between gear.

#### Harder:

- Mix helmets up
- Run 50m to transition so you are out of breath putting your gear on - more realistic.
- Face away from the square.
- 5 press-ups then run to square.
- Include bikes.

#### Including Others:

Help with judging and be positioned to encourage/coach others.

#### Top Tips:

Pre tie laces so they can slip trainers straight on without using laces. Ensure tight enough to run though!

