



## WEDNESDAY 19 FEBRUARY 2020

TIME	ACTIVITY
8.30 - 9.00	Registration, Valentines Triathlon activities
9.00 – 9.15	Welcome/Active Ice-breaker Games
9.15 – 10.00	Circuits & Pancake tossing relays
10.00 – 10.15	Break
10.15 – 11.00	Cycling activities – slalom, team pursuit, limbo
11.00 – 11.30	Treasure Hunt
11.30 – 12.30	Swim Session
12.30 – 1.00	Lunch
1.00 – 2.00	Transition games & Triathlon Rounders
2.00 – 3.00	Brick Session – cycling & running, practising transition skills
3.00 – 4.00	Triathlon/Multi-sport Challenge
4.00 – 4.30	Wrap up and close

