



Triathlon

1.	Give three Bible principles and two Spirit of Prophecy principles to support exercise.					
	Bible	principles				
	1.					
	Spirit of Prophecy principles					
	1					
2.	Give how	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.b.c.d.	Swim—500m Cycle—15km Run—10km within 4.5 hours				
		Date completed				

Pathfinder's Name

Triathlon, Advanced

1.	Iave 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 Day 8 Day 15 Day 22 Day 29 Swim: Swim: Swim: Swim: Swim: Bike: Bike: Bike: Bike: Bike: Run: Run: Run: Run: Run: Day 2 Day 9 Day 16 Day 23 Day 30 Swim: Swim: Swim: Swim: Swim: Bike: Run: Run: Additional Notes:					
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