



# Triathlon Race

Imagine you are a competitor in a triathlon race. You must swim, cycle and run to complete the race.

The first part of the race is the swim. You stand on the sand waiting...Ready, set, go! You jump into the water and begin swimming the crawl stroke. Arm over head and into the water, followed by other arm, breath and kicking feet...arm, arm, flutter kicks...arm, arm, flutter kicks...arm, arm, flutter kicks..., arm, arm, flutter kicks.... You are almost to the end of the swim race. Just a few more strokes - arms moving...legs kicking, arms moving...legs kicking, arms moving...legs kicking. You completed the swim race. Drying off with your towel, you head for your bicycle.

Throwing one leg over the bike, you jump onto the seat. Quickly you begin pedaling. At first, it is level ground. You pedal at a slow, steady pace. Round and round the pedals go with your feet. You start to approach a hill. You begin to pedal harder and harder. It is a steep hill. Pedal hard and slow, pedal hard and slow, pedal hard and slow with your feet. You reach the top of the hill, now you go down the other side very fast. You pedal fast and easy, fast and easy, fast and easy. Your feet are moving in very quick circles. Back to level ground, you begin a slow, steady pace again on your bicycle. Round and round the pedals go. You reach the bicycle finish line. Parking your bike, you jump off and start running.

Again, you start off at a slow, steady pace - one foot in front of the other. Arms moving at sides, feet moving slow and steady. You see only a few racers in front of you. Picking up the pace, you run a little faster, arms pumping...feet moving...arms pumping... feet moving and arms pumping. You are so close to the finish line. You sprint as fast as you can, passing all the runners. Sprinting fast and arms pumping, you cross the finish line in first place!

Catching your breath from the long race, you take a deep breath in...deep breath out...deep breath in...deep breath out. You are the winner!

