

LESSON 14: FINAL RACE PREPARATION

Grade-Level Outcomes

Primary Outcomes

Fitness activities: Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)

Stress management: Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L2)

Nutrition: Creates a snack plan for before, during and after exercise that addresses nutrition needs for each phase. (S3.H13.L2)

Embedded Outcome

Engages in physical activity: Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)

Lesson Objectives

The learner will:

- demonstrate various yoga poses.
- practice controlled breathing.
- develop a snack plan for race day.

Equipment and Materials

- Yoga video
- Yoga cards
- Yoga mats
- Stretch straps or towels

Introduction

As we come closer to race day, you should be into the tapering-off phase of your training plans. Recovery is key to your bodies' ability to adapt to the hard training you have been putting in. Today, we will practice yoga that is designed specifically for triathletes. We will focus on poses and stretches that will help with your swimming, biking, and running. You can incorporate all of these poses and stretches into your training. Yoga also is a great way to reduce your stress and improve your breathing technique. We also will think about fueling our bodies for the event by making a snack plan for before, during, and after the race.

Instructional Task: Yoga for Triathletes

■ PRACTICE TASK

Students follow a yoga video or instructor-led yoga class focused on poses to increase flexibility for swimming, biking, and running.

Refinements

- Observe the quality of the poses. Provide feedback about proper alignment of body segments.
- Provide feedback to improve breathing technique.

Extension

Ask students to demonstrate to their peers poses that they might know from their own practice.

Guiding questions for students:

- Where did you feel most tight?
- What poses did you find most helpful?
- How do you feel after practicing yoga?
- What poses do you think you can incorporate into your training and recovery?
- How can you use the breathing techniques in yoga to manage your stress in other areas?

Student Choices/Differentiation

- Have stretch straps available for students who are less flexible.
- Modify poses for students with low flexibility.

What to Look For

- Students are moving through the poses smoothly.
- Students are using proper form when demonstrating various poses.
- Students are focused and practicing their breathing techniques.

Instructional Task: Snack Plan

■ PRACTICE TASK

Review the nutritional needs for the event, including hydration and post-event refueling.

- Quick energy about an hour before and possibly during the event if over an hour
- Hydration during all phases
- Carbohydrate and protein within 30 minutes after the event

In small groups, have students develop a snack plan for the event and then share their ideas with the class.

Student Choices/Differentiation

- Use a poster or other visual aid for key nutrition points.
- Students choose their groups.

What to Look For

- Students are engaged in the discussion and plan development.
- Students can identify the right type of snacks for each phase.
- Students are including fluids in their plans.

Formal and Informal Assessments

Exit slip: How can yoga improve your performance?

Closure

- We are at the end of our training and race day approaches. What concerns do you still have?
- What are some fears?
- What are you looking forward to most?
- Don't forget to review the triathlon course before our next class.

Reflection

- Review exit slips to see if students understand how yoga can help them.
- What do I need to review about the event to make sure that students are ready?

Homework

- Complete your final workouts and final journaling.
- If the event is a community event, students should review the course online. If it's a class-created event, provide course maps as handouts or on the school's physical education website. (Embedded outcome: S3.H6.L2)
- Set some personal goals for the triathlon, and get ready for race day!

Resources

Local yoga chalet

USA Triathlon: www.usatriathlon.org

Flexible Warrior 1.0: Athletic Yoga for Triathletes DVD set

Internet keyword search: "yoga for athletes," "pre-race snacks," "post-race snacks," "hydration for triathlon"