

Lyttelton Kids Triathlon Training

From Playground to Podium

A Fun and Focused Training Journey for Future Triathletes



Building Strength, Speed, and Spirit in Young Athletes

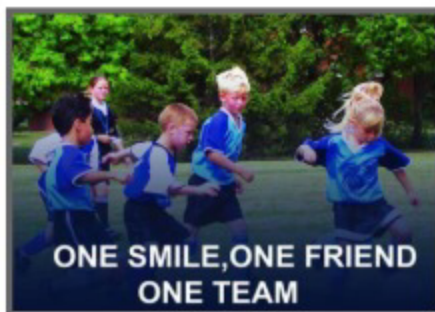
First session:

- 📅 **Date:** Sunday, January 26, 2025
- 📍 **Location:** Lyttelton Playing Fields
- ⬢ **Time:** 10:00 AM – 11:00 AM
- 💰 **Fee:** £10 per child

This event is about more than just physical preparation . It's about inspiring confidence, resilience, and a love for active living in a supportive and energetic setting

Highlights of the day include tailored training drills for warm up, flexibility, stretching ,quickness ,agility, some specific simple fitness tests,playing games like football, basketball ,floorball and running. Requirement: water bottle, yoga mat, football.

**Program Key Pillars: S.A.F.E.
Be Smart. Be Active. Have Fun. Give Energy!**



Contact for more information:

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🌐 www.georgept.co.uk Organized by: Drago Scorpions Ltd.