

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:

 **Ages: 6-10**

 **Date:** Sunday, March 30, 2025

 **Location:** Lyttelton Playing Fields

◆ **Time:** 10:00 AM – 11:00 AM

 **Fee:** £10 per child

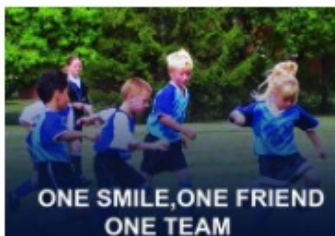
This event is about more than just physical preparation. It's about inspiring confidence, resilience, and a love for active living in a supportive and energetic setting

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!



 **BOOK NOW: 07508672016**

(Call or WhatsApp to Reserve Your Spot!)

GEORGE PT, CRB checked coach.

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