



## 2024 National Order of the Arrow Conference

**Session:** Triathlon and Endurance Race Preparation

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**Session Length:** 45 minutes

### Session Description

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Between foot care, hydration, and technique, this race prep training covers it all! In this training session we will help give you some of the tools you need to be successful when competing in a triathlon whether at NOAC or at home.

This session will cover an introduction to triathlon and will equip participants with a general introduction to triathlon, race strategy, and the preparation strategies should they wish to race in their communities after NOAC.

### Learning Outcomes

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[What should participants take away from your training? Your ACVC may have provided a brief starting point, feel free to build upon those as necessary or add additional outcomes]

**Outcome 1:** Define the major types of triathlons and their associated distances

**Outcome 2:** Understand the components of effective training and preparation for triathlons, regardless of distance

**Outcome 3:** Understand basics of race strategy and tactics, from nutrition and hydration to transition

### Theme Connection: Seek New Heights

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[The theme of the 2024 NOAC is Seek New Heights, emphasizing the drive for excellence that characterizes the OA and our daily lives. How will your session incorporate this theme?]

## Triathlon and Endurance Race Preparation | Training Syllabus

This training allows participants to learn about endurance sports, which allows them to seek the heights of being physically strong.

Facility and Material Needs

[Please put all material and facility needs in this section. We recommend completing this portion last after the rest of the lesson plan is completed. **The more specific you are with your material and facility requests, the better we can accommodate!**]

Facility Needs

*Is this session remote delegate-compatible?* [ Yes]  
(ie. can the material be engagingly taught via live stream)

*Does this session need audio/video (AV) capabilities?* (ie. projector) [ Yes]

*Are there any other specific facility needs for this session?* (ie. movable chairs, panel-style seating, etc.) [ N/A ]

Material Needs

[Please put “NOAC Training Committee” under “Source” if you need a material and cannot source it yourself - we will try to source it for you. Please note that we would strongly prefer training materials to be in a digital format and would advise against flipcharts and other physical materials. If you need microphones, extension cords, etc., please also specify those needs here.]

Material	Quantity	Source
Projector	1	NOAC Training Committee
Projector screen	1	NOAC Training Committee
Live stream materials	1	NOAC Training Committee

Session Preparation Steps

[Please list all steps you or another trainer would need to take to be prepared to teach this session. For example, if the trainer needs to add personal experiences, print handouts, or prepare items for a game, those should be listed here. **The goal is for someone to be able to read this syllabus and understand how to teach your session in the future!**]

**Step 1:** Read through this syllabus and associated training slides.

Additional Staff Members

Trainer Name	Email	Phone #

## Lesson Plan

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[The main body of your presentation should be here. Remember to adjust the timing for each session as you add/edit topics. **Remember, be as specific as possible - the goal is for someone to be able to read this syllabus and understand how to facilitate your session in the future!**]

### Helpful Templates:

#### Activity

Copy and paste this box wherever you have an activity in this session!

**Materials Needed:** [materials]

**Length of Activity:** # [min]

**Activity Description:** [description]

#### Trainer Action

If at any point the trainer needs to complete an action (play a video clip, prompt questions, etc.) copy paste this box and edit this text to specify what!

### Introduction

**2 minutes**

*Slides 1-3*

- Trainer introduction
- Overview of learning objectives

### Topic 1: Basics of Triathlons

**3 minutes**

*Slides 4-6*

- What is a triathlon?
  - Any 3-discipline event
- Triathlon distances
  - Go over table
  - Review NOAC Tri distances
  - Effort scales exponentially, not linearly, as you proceed up the distance ladder

### Topic 2: Effective Race Preparation

**20 minutes**

*Slides 7-12*

- Training Philosophy
  - Consistency —> Volume —> Intensity
- Components of Training
  - Physical Training
    - Emphasize balance, scale with goal / where folks are at
  - Non-Physical Training
    - Emphasize importance of recovery and nutrition
- Training Best Practices
  - Review bullets
  - Emphasize philosophy continuum, recovery weeks, and importance of training in zone 2
- Sample Training Schedule
  - Show how certain workouts facilitate goals and tie back to improvement
  - Emphasize plans are individual to the participant and scale to their current state and goals
- Sample Nutrition Plan
  - Same as above

### **Topic 3: Race Strategy Basics**

**15 minutes**

*Slides 13-16*

- Nutrition and Hydration
  - Emphasize scalability and hydration
- Race strategy basics
  - Emphasize scalability
  - Talk through matchbook analogy
- Transition basics
  - Review table
  - Emphasize order and need to buckle helmet and adhere to mounting/dismounting lines to avoid penalties

### **Q&A**

**5 minutes**

*Slide 17*

- Take questions

### **Conclusion & Takeaway Challenge**

**2 minutes**

*Slides 18*

[Each session should end with a challenge for every participant to write down key points to take with them and encourage them to reflect upon the session. The wording of the takeaway challenge will depend upon the session. For example:]

Please take out your notebook and pen. For the final three minutes, think about your current and future roles in the OA, in Scouting, and in life. Write down three key takeaways from this session that will enable you to Seek New Heights in those current and/or future roles. For example, [ I can better plan my food choices to become more clearly focused on my responsibilities ]. Later today, feel free to share these key ideas with others in your chapter or lodge.

## Appendix: Resources and Source Material

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[Please add all referenced sources or handouts that would be useful to share with session attendees.]

Resource	Link
Order of the Arrow, Mission & Purpose	Available online at: <a href="https://oa-bsa.org/about/mission-purpose">https://oa-bsa.org/about/mission-purpose</a>
USA Triathlon, Get Racing	<a href="https://www.usatriathlon.org/get-racing">https://www.usatriathlon.org/get-racing</a>
REI, Training Tips for your First Tri	<a href="https://www.rei.com/learn/expert-advice/training-for-your-first-triathlon-tips-and-exercises.html">https://www.rei.com/learn/expert-advice/training-for-your-first-triathlon-tips-and-exercises.html</a>