



AT-HOME YOUTH PROGRAM

	SWIM DAY	BIKE DAY	RUN DAY	MUSCLES DAY	CARDIO DAY	STRECHING DAY	OFF DAY
WEEK 1	Swim the “Globe” (a stability ball) by balancing on the ball and doing the freestyle and breast strokes (to music)	Learning time! Teach the kids how to change a tire. Go over the importance of wearing a helmet on every ride. Able to get	Go for a walk as a family. As you get closer to your house, see who can sprint home the fastest!	FaceTime challenge! FaceTime as many of your family and friends as possible and host a plank challenge. Who can hold the plank the longest?	Play “Simon Says” and alternate between these exercises: 1. cross country ski (lunge and switch legs) 2. bicycle crunches 3. mountain climbers 4. swimming flutter kicks on back 5. “quick feet” in place	Use free meditation apps which gradually increase the time you meditate from 1 minute up to 10 minutes over a period of days	Play “Hide and Seek” around the house!
WEEK 2	Find a bench (or couch!) and have the kids hold resistance bands while you hold the middle. Then practice some swim strokes!	Have a trainer at home? Make up a game – pedal harder every 90 seconds for 10 seconds. Or, play music, and during the chorus, pedal faster.	Play a game of “Red Rover” or “Tag” – whether you’re inside or outside!	FaceTime challenge! FaceTime as many of your family and friends as possible and host a push-up challenge. Who can do the most push-ups?	Set-up a small cardio circuit. Alternate between jumping jacks, jump ropes, and lunges – 1 minute on and 1 minute off.	Find a local yoga studio streaming online family yoga classes and try out a family yoga hour!	Take a virtual museum tour! Many museums, including the Smithsonian National Museum of Natural History, are offering free virtual tours.
WEEK 3	Swim the “Globe” (a stability ball) by balancing on the ball and doing the butterfly stroke (to music).	In the driveway or a parking lot, set up an obstacle course and riders can practice turning skills.	Play “Red Light, Green Light.” A parent starts as the “base” and shouts “green light!” and “red light!” Everyone sprints on green light, then stops on red light. First one to tag the “base” is the base next time.	FaceTime challenge! FaceTime as many of your family and friends as possible and host a sit-ups challenge. Who can do the most sit-ups in 1 minute?	Obstacle course! Create a furniture course or take chalk and make a course outside. Add in specific mental or physical challenges to keep everyone guessing.	Use your meditation app or attend a virtual (free!) yoga class designed for kids or families.	Draw with Kennedy Center artist Mo Willems, who hosts virtual “Lunch Doodles” every week day at 1 p.m. EDT.
WEEK 4	Swim the “Globe” (a stability ball) by balancing on the ball and doing the back stroke (to music).	Play “Slow Race.” Create a race course and the kids ride on the bikes as slow as they can from the start to finish line without putting a foot down – the last to cross the finish line is the winner!	Is your house a mess from being inside so much? Host a race to see who can clean up a room (or rooms!) the fastest by tidying up.	Play “Follow the Leader.” Add in specific activities such as jumping, lunging, and squatting.	Create a scavenger hunt of clues! Have the kiddos find certain items, and at each location they do 10 of the following exercises (they can choose): bicycle crunches, boat crunches, plank or wall-sits (10 seconds).	Mini Triathlon Do “Transition Relays” on a course set up inside. Run. Put on race belt. Run. Put on shoes. Run. Put on helmet. Run to the finish line!	Enjoy a day-time movie, a game night, or even reading books with celebrities (check out @savewithstories on Instagram).

Have another workout you love? Substitute it for any day or any workout and share it with us by emailing youth@usatriathlon.org or tagging @usatriathlon on social media using the hashtag #OurPowerWithin