

**Organised by the Hong Kong Triathlon Association**  
**Subvented by the Leisure and Cultural Services Department**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Badges Award Scheme**

〈 **Duathlon** 〉

**Objective:** To establish test standards for trainees participating in the Simple Exercise Project-Duathlon Courses to assess the technical level of the trainees, encourage the trainees to continue participating in the duathlon training on the land, thereby improving their personal skills, and promoting the development of the duathlon sports on the land.

**Types of Badges:**

1. Three levels of badges, namely Bronze, Silver and Gold
2. Rating Standard

| Age                   | Bronze   | Silver  | Gold    | Age   | Bronze   | Silver  | Gold    |
|-----------------------|----------|---------|---------|---|----------|---------|---------|
| <u>Men's category</u> |          |         |         | <u>Women's category (About 10% more time than men's category)</u> |          |         |         |
| 8 - 11                | < 11'00" | < 8'40" | < 7'30" | 8 - 11  | < 12'10" | < 9'30" | < 8'15" |
| 12 - 15               | < 9'40"  | < 7'35" | < 6'30" | 12 - 15   | < 10'40" | < 8'45" | < 7'50" |
| 16 - 18               | < 8'30"  | < 6'35" | < 5'40" | 16 - 18   | < 9'20"  | < 7'55" | < 6'15" |

3. Technical Test

The test is conducted on the school playground or basketball court. Students need to run 400 meters first, then ride a bicycle for 2 kilometers, and run 400 meters at last.

Remark: Applicable to the simple land duathlon training classes in the school sports promotion plan.

**Award/ Participation Method:** Trainees who participate in the simple exercise plan in the school sports promotion plan-duathlon training classes on land will be evaluated by the coach based on the test content before the end of the course. Trainees who meet the standard will be awarded a chapter and certificate by the Leisure and Cultural Services Department.

**Collection of Badges and Certificates:** After the test, the coach will return the student's results to the Leisure and Cultural Services Department. After verifying the information, the department will send the relevant chapters and certificates back to the school for distribution by the teacher to all qualified students.

**Enquiries (1):** The Leisure and Cultural Services Department

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**Remark:** The Badges Award Scheme for Duathlon is co-ordinated and developed by the Hong Kong Triathlon Association.

# **School Sports Programme – Badges Award Scheme**

## **Standards and assessment of the duathlon medal**

### **1. Know your own abilities**

Everyone is different in age, gender, physique and sports basis. It is very important to choose training methods and content, make exercise plans and arrange exercise volume according to your actual situation.

### **2. Step by step**

The human body has a process of adapting to changes in internal and external environments, that is, a process from quantitative change to qualitative change. Therefore, when you participate in the exercise, you should not rush. The amount of exercise should be increased along with the level of practice, from small to large, and should be increased gradually, and you must follow the law of “improving one by one and adapting again and again”.

### **3. Perseverance first**

Participating in the duathlon requires strong will and perseverance. In order to allow the good changes of the body to accumulate faster, it is necessary to practice repeatedly for consolidation. If it is not allowed due to your physical condition or working conditions, you can practice once every 1 or 2 days (2-3 times a week, 30-120 minutes each time), but don't take too long between intervals, otherwise physical functions will decrease and the effectiveness of the exercise will be affected.

### **4. All-round development**

Duathlon is a typical endurance event. Due to the long duration of the exercise, athletes are required to have a certain level of endurance. Therefore, you must pay attention to all-round physical fitness when practicing.

### **5. Get balanced nutrition**

During daily exercise, athletes must have a balanced diet, which means the food should contain various nutrients with appropriate content to fully meet the needs of the body and maintain normal physiological functions. In order to achieve this goal, athletes should not have an unbalanced diet, and should fully absorb the nutrients in whole grains, meat, eggs, poultry, milk, vegetables, and fruits.