

TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

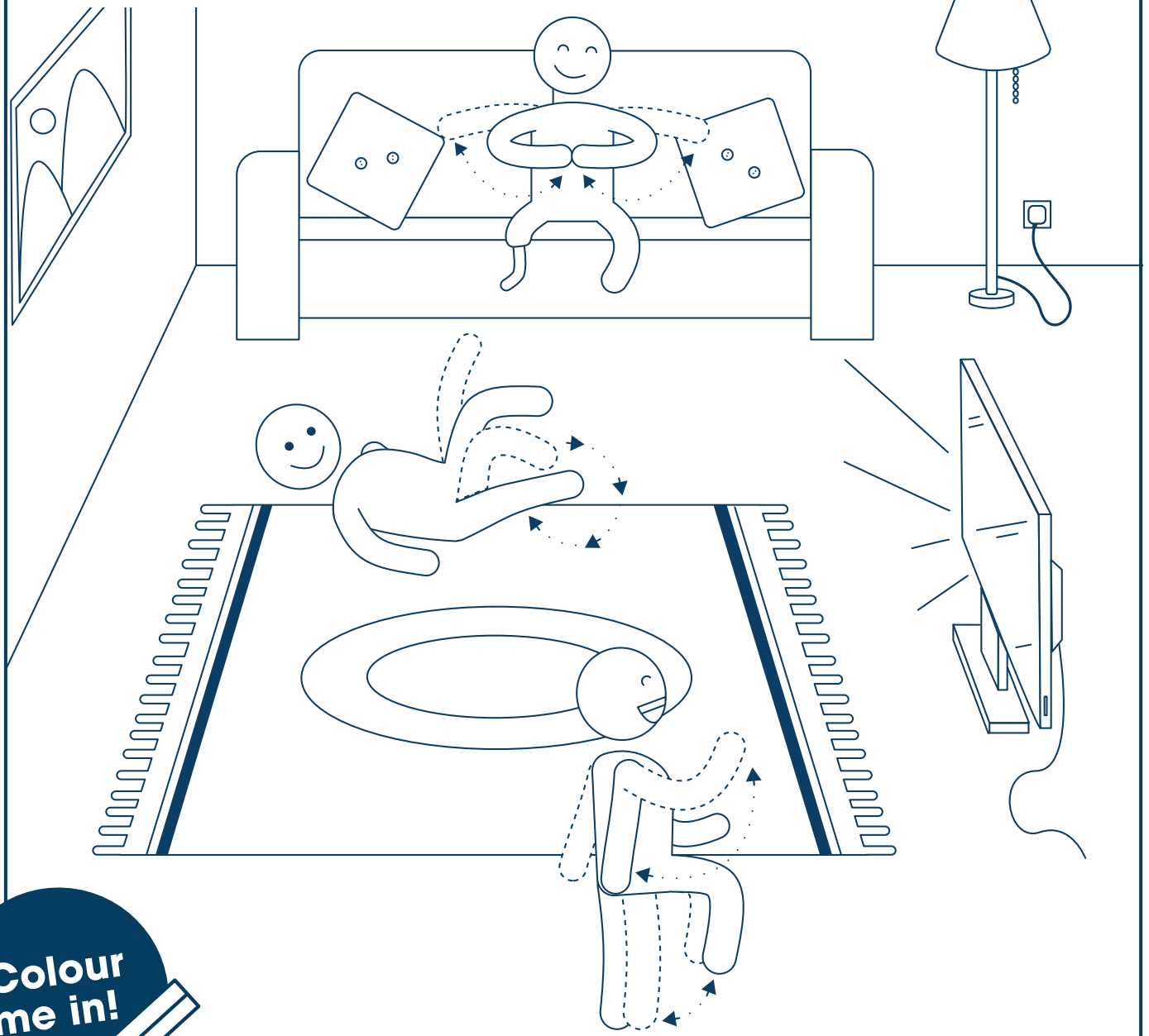
TV TRIATHLON

テレビトライアスロン

Terebi toraiasuron

Did you know?

One of Japan's famous TV shows is Sasuke – but you might know its British version better: Ninja Warrior UK!



Colour me in!



10 Mins



TV TRIATHLON

テレビトライアスロン

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Walk & Run



Activity type

Home

Away

Indoor

Outdoor

Equipment

None

How to play



1

As you are watching TV, take part in an indoor triathlon – swim, bike, run.

2. Swim

Stand up or sit on the sofa. Pretend to swim using breaststroke. Keep going for 60 seconds.

3. Bike

Lie on your back on the floor. Raise your legs and pretend to cycle. Keep going for 60 seconds.

4. Run

Stand up and march or run on the spot. Keep going for 60 seconds.

5

Repeat the whole sequence. See if you can keep going for 10 minutes.

Variations

- Change the order of swim, bike and run.
- Change how you do each movement, e.g. crawl instead of breaststroke, high knees for run.
- Make up your own movements for these or other sports.

Challenge yourself

- Can you move faster?
- Can you make the movements bigger?
- Can you last longer than 60 seconds for each part of the triathlon?

What next?



Try something similar

A children's triathlon, athletics, cross-country running, power walking, hill walking



Try something different

Judo, karate, boxing, taekwondo, wrestling



Log your activity and find more Tokyo Ten activities and resources at getset.co.uk/travel-tokyo