

# Design Document

Triathlons

<i>Business Purpose</i>	<p>Training for a triathlon is imperative to be able to complete. Before one can train, they have to know all of the components of racing as well as the distances and rules. Business X is starting an employee athletics program and wants to have a team of triathletes to race and represent the company in local races.</p> <ul style="list-style-type: none"><li>• Therefore, the goal is to develop training to teach entry level triathletes all the important components to racing in a triathlon.</li></ul>
<i>Target Audience</i>	Athletes employed at Company X
<i>Training Time</i>	10 Minute e-Learning course
<i>Training Recommendation</i>	A self-paced, interactive e-Learning Course which will target learning objectives. This will give all employees spaced geographically throughout different times zones across the US the flexibility to learn this material on their own schedule.
<i>Deliverables</i>	1 e-Learning Course developed in Articulate Rise
<i>Learning Objectives</i>	<p>Show the 3 disciplines in a full distance triathlon Identify distances covered in each discipline Classify the transitions between each discipline Summarize what can be expected on race day</p>
<i>Training Outline</i>	<p>Introduction</p> <ul style="list-style-type: none"><li>○ Welcome</li><li>○ Objectives</li></ul> <p>Topic: What is a Triathlon?</p> <ul style="list-style-type: none"><li>• Typical Distances and Types of Triathlons<ul style="list-style-type: none"><li>○ Sprint</li><li>○ Olympic</li><li>○ Half Ironman</li><li>○ Ironman or Full</li></ul></li></ul> <p>Knowledge Check</p> <p>Topic: Transitions</p> <ul style="list-style-type: none"><li>• How do you Transition?<ul style="list-style-type: none"><li>○ Transition 1</li><li>○ Transition 2</li></ul></li></ul> <p>Knowledge Check</p> <p>Topic: Race Day</p>

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	<ul style="list-style-type: none"><li>○ Get there Early!</li><li>○ Body marking</li><li>○ Racking Your Bike</li><li>○ After the Race</li></ul> <p>Review</p> <p>Quiz</p> <p>Congratulations</p>
<i>Assessment Plan</i>	<p>2 Knowledge Checks</p> <p>5 Questions – Matching, Multiple Choice, Multiple Response</p> <p>Learner must score 80% to continue</p> <p>Unlimited Attempts</p>