Prerequisite Proof of Completion

Multisport

Scout's name: _____ Date: _____

Troop: _____ Week: _____

Requirement 3d: Based on your interests, experience, and discussion with your counselor, select ONE of the following multisport formats to concentrate on for the remaining requirements:

- Triathlon: swimming, biking, and running
- Duathlon: biking and running

Proof of Completion 3d: Make your choice below by checking a box.

NOTE 1 - While the merit badge also offers Aquathlon and Aquabike as a choice, Scouts working on this badge at Keowa should choose only Triathlon or Duathlon.

NOTE 2 -Scouts choosing Triathlon must have the *Swimming Merit Badge* as per requirement 4a

Choose your event by checking one box:

- ☐ **Triathlon**
- ☐ **Duathlon**

If you chose Triathlon, continue by filling out the Proof of Completion for 4a below.
If you chose Duathlon, skip 4a and move down to Requirement 5.

Requirement 4a(1): Before doing requirements 5 through 8, earn the Swimming merit badge.

Proof of Completion 4a(1): Have your Scoutmaster sign below.

I verify the Scout named above has completed the Swimming Merit Badge.	
Scoutmaster full name:	
Scoutmaster signature:	
Date:	

Requirement 5: Do the following:
(a) With guidance from your counselor, establish a four-week training plan that combines your chosen multisport format to develop proper techniques, gain self-confidence, and increase endurance. Each session should last at least 25 minutes and include a proper warmup before the session and stretching afterward.
(b) Use a chart or other tracking method to monitor your training and development during this period.
(c) Set a personal goal for improvement based on one or more of the following criteria: time, technique, or distance.

Proof of Completion 5a: Use the following chart (or a similar one made on your own) to develop a training plan:
→Fill out only the columns that apply to your chosen multisport
→Include the warmup activity, 25 minute session, and stretching activity for each session.
→Include break days, possibly decreasing number of breaks as time goes on
Proof of Completion 5b: Use the two columns on the right to monitor your training and development.

WEEK 1						
		RUN	**BIKE**	**SWIM**	*Completed ?*	*Training Notes*
Day 1	Warmup: Session: Stretching:					
Day 2	Warmup: Session: Stretching:					
Day 3	Warmup: Session: Stretching:					
Day 4	Warmup: Session: Stretching:					
Day 5	Warmup: Session: Stretching:					
Day 6	Warmup: Session: Stretching:					
Day 7	Warmup: Session: Stretching:					

WEEK 2						
		RUN	**BIKE**	**SWIM**	*Completed ?*	*Training Notes*
Day 1	Warmup: Session: Stretching:					
Day 2	Warmup: Session: Stretching:					
Day 3	Warmup: Session: Stretching:					
Day 4	Warmup: Session: Stretching:					
Day 5	Warmup: Session: Stretching:					
Day 6	Warmup: Session: Stretching:					
Day 7	Warmup: Session: Stretching:					

WEEK 3						
		RUN	**BIKE**	**SWIM**	*Completed ?*	*Training Notes*
Day 1	Warmup: Session: Stretching:					
Day 2	Warmup: Session: Stretching:					
Day 3	Warmup: Session: Stretching:					
Day 4	Warmup: Session: Stretching:					
Day 5	Warmup: Session: Stretching:					

Day 6	Warmup: Session: Stretching:					
Day 7	Warmup: Session: Stretching:					

WEEK 4						
		RUN	**BIKE**	**SWIM**	*Completed ?*	*Training Notes*
Day 1	Warmup: Session: Stretching:					
Day 2	Warmup: Session: Stretching:					
Day 3	Warmup: Session: Stretching:					
Day 4	Warmup: Session: Stretching:					
Day 5	Warmup: Session: Stretching:					
Day 6	Warmup: Session: Stretching:					
Day 7	Warmup: Session: Stretching:					

Proof of Completion 5c: Use the space below to set a personal goal for improvement based on one or more of the following criteria: time, technique, or distance.

Personal Goal: