



STAGE 2: FUNDAMENTALS

AGES 6-8 FEMALE | 6-9 MALE (CHILDHOOD)
DEVELOPMENTAL STAGE: BEGINNER

KEY OBJECTIVES FOR SUCCESS

PHASE OBJECTIVE/FOCUS

Continued development and refinement of fundamental movement skills and the beginning of basic sports skills acquisition to prepare athletes for more advanced skill development.

Athletes are encouraged to participate in multiple sports and activities to help with development of fundamental movement skills and motor development.

For optimal skill acquisition, the basic triathlon skills of swimming and cycling are introduced. FUN competitions are also introduced.

ATHLETE DEVELOPMENT

TRIATHLON SKILL & DEVELOPMENT FOCUS

- Water safety and swim skill basics including breathing and body alignment.
- Bike handling including starting and stopping safely within a grass field or closed parking lot.

MULTISPORT ACTIVITIES

- Outside free play including running, jumping and bounding.
- Introduction to team based sports and practice structure.
- Run and lateral based sports (soccer, lacrosse, tennis).

TRAINING AND COMPETITION

RECOMMENDED EQUIPMENT

- Goggles
- Bike (fat tire) w/coaster brakes, or combination w/hand-brake
- Helmet
- Shoes

PRACTICE GUIDELINES

- Informal practices based on fun, games and interaction with teammates.
- Coach to athlete ratio: 1:8-10 (with volunteer support)
- Recommended no more than once or twice a week.

- Recommended no longer than 45-60 minutes.

RACE GUIDELINES

Splash n' Dash & Youth Distance Triathlon Events.

No more than once per month during season.

7-8 Year Olds:

Pool Swim ≤ 50-100m

Bike ≤ 2K

Run ≤ 1K