



STAGE 3: LEARN TO TRAIN

AGES 8-11 FEMALE | 9-12 MALE (LATE CHILDHOOD)
DEVELOPMENTAL STAGE: ADVANCED BEGINNER

KEY OBJECTIVES FOR SUCCESS

PHASE OBJECTIVE/FOCUS

Accelerated learning of coordination and motor control along with further acquisition of swim and cycling specific skills.

Prior to the beginning of the growth spurt care should be given in training stresses. Continued encouragement for athletes to participate in multiple sports.

Athletes should be able to begin to transfer skills and concepts from practices to competition settings. Group interaction, team building and social activities should be emphasized. A balance of practices and racing will promote the continued development, mastery of skills, and practical application of skills within a race environment.

ATHLETE DEVELOPMENT

TRIATHLON SKILL & DEVELOPMENT FOCUS

- Swim skills and technique development across all four strokes.
- Bike handling including introduction of gearing within a grass field, closed parking lot or paved cycling trail.
- Introduction of hydration and nutrition basics.

MULTISPORT ACTIVITIES

- Outside free play including running, jumping and bounding.
- Continued experience with team based sports and practice structure.
- Run and lateral based sports (soccer, lacrosse, tennis, skiing).

TRAINING AND COMPETITION

RECOMMENDED EQUIPMENT

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

Advanced athletes:

- Hybrid or road bike

- Cycling shoes

PRACTICE GUIDELINES

- Informal practices focused on foundational skill development in the shape of games and interaction with teammates.
- Coach to athlete ratio: 1:10-12 (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 or twice per month during season.

9-10 Year Olds:

Pool Swim ≤ 100m

Bike ≤ 3K

Run < = 1K