



# STAGE 4: TRAIN TO TRAIN

**AGES 11-15 FEMALE | 12-16 MALE (LATE CHILDHOOD-YOUNG ADULT)**  
**DEVELOPMENTAL STAGE: INTERMEDIATE**

## KEY OBJECTIVES FOR SUCCESS

### PHASE OBJECTIVE/FOCUS

Further development of sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of speed, strength and endurance.

Players should consolidate sport specific technical skills with an increased emphasis on triathlon specific skills (in the later time period of this stage).

Continued encouragement for athletes to participate in multiple sports including coordination of practice and race schedules with middle and high school sport activities.

Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

At this stage, athletes 13+ may consider the draft-legal pathway (see alternative pathway stages).

## ATHLETE DEVELOPMENT

### TRIATHLON SKILL & DEVELOPMENT FOCUS

- Swim skills and technique refinement across all four strokes, including open water swimming abilities.
- Bike skills and riding basics including hill climbing, cornering and riding in a group setting (later part of this stage) within a grass field, closed parking lot, paved cycling trail or wide low-traffic shoulder road.
- Strength work using body weight, yoga, and prehabilitative exercises.
- Emphasis of hydration and nutrition choices and their effects on performance.

### MULTISPORT ACTIVITIES

- Outside free play including running, jumping and bounding.
- Run and lateral based sports (soccer, lacrosse, tennis, skiing).
- Layered triathlon sports (cyclocross, mountain biking, cross-country, track).

## TRAINING AND COMPETITION

### RECOMMENDED EQUIPMENT

- Goggles
- Bike (fat tire)
- Helmet
- Shoes

### Advanced athletes:

- Hybrid or road bike
- Cycling shoes

### PRACTICE GUIDELINES

- More formal practices based on foundational skill development and refinement.
- Introduction of some speed and agility efforts.
- Coach to athlete ratio: 1:12-15 (with volunteer support)
- Two-three practices per week depending other outside practices.
- 60-90 minutes depending on training focus.

### RACE GUIDELINES

Youth Distance Duathlon & Triathlon Events.  
Once or twice per month during season.

### 11-12 Year Olds:

Swim ≤ 200m  
Bike ≤ 5-7K  
Run ≤ 2K

### 13-15 Year Olds:

Pool Swim ≤ 200-400m  
Bike ≤ 8-10K  
Run ≤ 2-3K