



## STAGE 5: LEARN TO COMPETE

AGES 15-18 FEMALE | 16-18 MALE (YOUNG ADULT)

DEVELOPMENTAL STAGE: INTERMEDIATE-ADVANCED

### KEY OBJECTIVES FOR SUCCESS

#### PHASE OBJECTIVE/FOCUS

Preparing athletes for the competitive environment, continuing to refine technical skills and ability to adapt to training and race environments.

The focus is on optimizing fitness preparation and to begin to specialize in triathlon specific training individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery.

Training volumes and intensity will increase to coincide with competitive event schedules including possible regional travel.

Social, emotion and school commitments should continue to be addressed along with mental skills that contribute to performance.

### 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 within a grass field, closed parking lot, paved cycling trail or wide low-traffic shoulder road.
- Introduction of mental skills including visualization and self-talk.
- Strength work using body weight, yoga, and prehabilitative exercises.
- Continued emphasis on hydration and nutrition choices and their effects on performance.

#### MULTISPORT ACTIVITIES

- Outside free play including running, jumping and bounding.
- Layered triathlon sports (cyclocross, mountain biking, cross-country, track).

### TRAINING AND COMPETITION

#### RECOMMENDED EQUIPMENT

- Goggles
- Wetsuit
- Road bike
- Helmet
- Cycling shoes
- Indoor trainer
- Training and race shoes

#### PRACTICE GUIDELINES

- Formal practices including continued skill development and refinement, incorporating speed and agility efforts.
- Coach to athlete ratio: 1:15
- Three - four practices per week depending on other outside practices.
- 90-120 minutes depending on training focus.

#### RACE GUIDELINES

Super Sprint/Sprint Distance Duathlon & Triathlon Events.

Once or twice per month during season.

#### 16-19 Year Olds:

Pool or Open Water Swim ≤ 400-750m

Bike ≤ 15-20K

Run ≤ 5K