



## STAGE 6: TRAIN TO COMPETE

**AGES 19-21 FEMALE | 19-23 MALE (YOUNG ADULT)**  
**DEVELOPMENTAL STAGE: ADVANCED**

### KEY OBJECTIVES FOR SUCCESS

#### PHASE OBJECTIVE/FOCUS

Transfer from the training environment to a competitive environment. Athletes must consolidate technical skills, and maintain ancillary skills and underlying physical capacities.

During this stage training volume remains high while intensity increases with the importance of competitions. The training season is typically extended and is disciplined and triathlon specific. Competition schedule could include some regional and national travel.

Athletes may choose to attend triathlon specific training and competition environments outside of their area of living that fit this level of athlete development. The training is individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery.

### ATHLETE DEVELOPMENT

#### TRIATHLON SKILL & DEVELOPMENT FOCUS

- Swim skills and technique refinement across all four strokes.
- Developing and refinement of open water swimming abilities including buoy turns, sighting, and water entry/exits.
- Advanced riding skills including U-turns, pacelineing and cycling tactics within a grass field, closed parking lot, paved cycling trail or wide low-traffic shoulder road.
- Practical application of mental strategies 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 or TT bike (depending on race format)
- Helmet
- Cycling shoes
- Indoor trainer
- Cycling computer/Heartrate monitor
- 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 - five times per week depending on other outside practices.
- 90-120 minutes depending on training focus.

#### RACE GUIDELINES

Super Sprint, Sprint and Olympic Distance Duathlon & Triathlon Events.

Collegiate Club (all)

Once or twice per month (depending upon length) during season.