



STAGE 7: TRAIN TO WIN

AGES 19+ FEMALE | 19+ MALE (YOUNG ADULT)
DEVELOPMENTAL STAGE: ADVANCED

KEY OBJECTIVES FOR SUCCESS

PHASE OBJECTIVE/FOCUS

The focus of this stage is the stabilization of performance on demand characteristics and excellence within the highest level of performance at the ITU, World Championships and Olympics. This is the final phase of athletic preparation that only a very small minority will achieve.

Performance factors should be fully established to optimize performance in national or international competitions.

It is important to build a winning strategy with these athletes, and to individualize training and recovery programs to prevent over-training.

ATHLETE DEVELOPMENT

TRIATHLON SKILL & DEVELOPMENT FOCUS

Complete mastery of previous stage skills.

MULTISPORT ACTIVITIES

- Outside free play including running, jumping and bounding.
- Triathlon focused activities.

TRAINING AND COMPETITION

RECOMMENDED EQUIPMENT

- Goggles
- Wetsuit
- Road or TT bike (depending on race format)
- Helmet
- Cycling shoes
- Indoor trainer
- Cycling computer with power/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
- Five - seven times per week.

- 90-120 minutes depending on training focus.

RACE GUIDELINES

Sprint, Olympic and Long-Course Distance Duathlon & Triathlon Events.

Collegiate Club (all)

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