STAGE 8: TRIATHLON FOR LIFE

AGES 19+ (YOUNG ADULT-ADULT)
DEVELOPMENTAL STAGE: ADVANCED

KEY OBJECTIVES FOR SUCCESS

PHASE OBJECTIVE/FOCUS
Continued experience with triathlon through group training, racing, and giving back to the sport through volunteerism and coaching.

ATHLETE DEVELOPMENT

TRIATHLON SKILL & DEVELOPMENT FOCUS
Complete mastery of previous stage skills.

MULTISPORT ACTIVITIES
All sporting activities.

TRAINING AND COMPETITION

RECOMMENDED EQUIPMENT
• Goggles
• Wetsuit
• Road or TT bike (depending on race format)
• Helmet
• Cycling shoes
• 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.
• Multisport club practices, and group rides.
• Masters swimming programs.

RACE GUIDELINES
All distances, all multisport race formats.

Age-Group Regional, National and World Championships.