



# 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.

Prepare elite athletes for post-competitive lives and careers through the development of life skills, mentorship programs, professional development opportunities, and career and academic preparation

## 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.

## PROFESSIONAL DEVELOPMENT

### CULTIVATE PROFESSIONAL & LIFE SKILLS

- Complete USA Triathlon T3 Certificate in Professional Development
- Establish professional connections through networking, mentorship programs and informational calls and meetings

### MONITOR WELLNESS AND MENTAL HEALTH