



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.