

High Performance Triathlon Podium Pathway

LTAD STAGE		BENCHMARK	COACHING FOCUS
1	Compete to Win	Olympic Podium	
		World Triathlon Series Grand Final Podium	
		World Triathlon Series Podium	
		Olympic Top 5	
		Major Games Podium	
2	Train to Compete	World Triathlon Series Top 5	
		World Cup Win	
		World Triathlon Series Grand Final Top 12	
		World Cup Podium	
		U23 World Championship Win	
		World Triathlon Series Top 12	
3	Learn to Compete	U23 World Championship Top 5	
		World Triathlon Series Top 20	
		World Cup Top 12	
		Continental Cup Win	
		World Cup Top 20	
4	Learn to Compete	U23 World Championship Top 12	
		Continental Cup Podium	
		Junior World Championship Top 12	
5	Train to Train	Junior Continental Championship Podium	
		U23 World Championship Top 20	
		Junior World Championship Top 20	
		Junior Continental Championship Top 5	
		National Championship Win	
		Continental Cup Top 5	
6	Train to Train	National Championships Top 5	
		National Development Series Podium	
7	Train to Train	National Championships Top 12	
		Nation Development Series Top 5	
8	Learn to Train	International Draft Legal experience	
		National Draft Legal experience	
		Provincial Draft Legal experience	
		Regional Draft Legal experience	
		Non-drafting experience	

Coaching Tools

Compete to Win

- » Race Pace
- » Tactical Focus; performance on demand
- » World Championship and Olympic focus
- » Full IST support
- » Health and Wellness
- » Implementation of SSSM strategies
- » Curriculum score >35

Train to Compete

- » Maximizing physical capacity
- » Swim, bike, run, transition 1/2 tactics
- » International competition focus
- » World class training load
- » Health and Wellness
- » Strategic IST usage (*physiology, mental performance, injury prevention, strength & conditioning*)
- » Exploration of SSSM strategies
- » Curriculum score >30

Learn to Compete

- » Establish anaerobic threshold
- » Swim, bike, run, transition 1/2 technique and tactics
- » Strategic international exposure
- » Gradual increase in appropriate volume and intensity
- » Aerodynamics and bike fit
- » Appropriate training load
- » Health and Wellness
- » Prioritized IST usage (*injury prevention, mental performance, nutrition, strength & conditioning*)
- » Curriculum score > 25

Train to Train

- » Aerobic base building
- » Swim, bike, run, transition 1/2 technique
- » Training aids and equipment utilization
- » Gradual increase in appropriate volume and intensity
- » Health and Wellness
- » IST introduction (*injury prevention, mental performance, nutrition, strength & conditioning*)
- » Load management (*Yearly Training Plan, monitoring*)
- » Domestic competition focus
- » Compliance with codes of conduct
- » Curriculum score >20

Learn to Train

- » Swim, bike, run, transition 1/2 introduction and technique
- » Comfortable bike fit
- » Equipment familiarization
- » Variability of impulse
- » Athleticism
- » Multi-sport participation
- » Sport specific introduction
- » A4L, R2P, Respect in Sport