

Challenges We Now Face With Preparation For The Modern Triathlete..
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Conditions We Have To Deal With To Maximise Performance.

- ▶ Travel
- ▶ Recovery(Individual)
- ▶ Hygiene
- ▶ Dietary requirements.
- ▶ Climate conditions.(Heat-Cold)
- ▶ Courses.(Profiling)
- ▶ Race series management.



It is Common Practise For Elite Athletes To Travel Extensively To International Competitions.

- ▶ Disruption to normal routine.
- ▶ Travel fatigue.
- ▶ Lack of sleep
- ▶ Jet-lag.
- ▶ (lack of energy,genaral discomfort, disorientation, irritable)
- ▶ Symptoms are very individual.(including support staff??)
- ▶ Lack of appetite.
- ▶ Gastric issues.
- ▶ Co-ordination.
- ▶ Grogginess.

▶ Concern athletes & staff fail to recognise these symptoms.



Planning & Preparation.

- › Considerations on departure times and travel plans for athletes need to be prioritised to reach pre competition readiness..
- › Individual travel plans would be taken into account.
- › Training times sometimes where taken in to account to compensate for travel (not as easy anymore)
- › Sleeping pills have been used with some individuals.
- › 2-3 hour little impact on performance changes.
- › Anything more would be now normal practise to travel and spend final preparation in the time zone if conducive to climate preparation.

Climate Conditions.

- › Dealing with extreme heat.(preparation)
- › Humidity.(protocol)
- › Race pace management.
- › Cold.(preparation)
- › Early acceptance of competition conditions.
- › Contrast temperature water/field of play.(athlete sensitivity)

Athlete & Course Profiling.

- › Has become much more accepted since triathlon has become an Olympic sport.
- › Was significant at the Athens Olympics.
- › Hill required after 65ses of riding from the swim 5-5 w/kg/ 6-6/7-5wkg/avge men 5-5w/kg.
- › Data collection and athlete profiling on the world series has become much more important but easier now due to fixed and more consistent course design.
- › Swim course profiling.
- › First 200m velocity , then 100m avge velocity , last 100m velocity .
- › Athlete tracking skills in open water swim.
- › Improved contact skills open water.(water polo) (Judo)??
- › Swimming in a straight line skills.

Competition Environment.

- ▶ The Olympic event presents challenges every four years.
- ▶ World championships can be controlled as a peak performance goal for Junior and under 23 athletes.
- ▶ It is very individual how your athletes will approach the current world final based on ,ranking, position, potential podium goal.

Performance Cycle Management.

- ▶ Travel minimum fatigue .
- ▶ Competition preparation.
- ▶ Competition.
- ▶ Recovery process.
- ▶ Establish refresh training programme.
- ▶ Move in to next preparation phase.
