

World Triathlon Post-Event Development Camp Curriculum

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Introduction

A post-race analysis is crucial to assess your performance, identify what worked and what didn't, where your strengths lie, and what limiters need to be adjusted.

The World Triathlon Post-Event Development Camp was created with the specific purpose of giving participants up-to-date knowledge on post-race analysis, performance analysis, post-competition nutrition, recovery, goal-setting review and reflective thinking.

The main goal of the camp is to provide coaches and athletes with the information, tools, and expertise they need to properly analyse their race performance and then use this knowledge to develop a better understanding of how to race with an improved level of understanding of all the factors required to consistently race better. This is done by looking at various metrics after a race and performing quantitative and qualitative analyses of the data obtained from that race.

Overview

The camp's curriculum is built on the idea of offering in-depth background reading, useful resources, and practical tools. The most recent academic studies in sport serve as the foundation for all of the content. In order for participants to increase their knowledge in each topic, additional readings and practical tasks have been suggested in each book.

The following sections provide an overview of the program's content:

- Recovery strategies
- Identifying areas of improvement
- The travelling athlete
- Race results analysis
- Equipment
- Rules, Ranking and Qualification Criteria
- Race reflections and analysis
- Goal setting, analysis and review
- Nutrition
- Sleep
- Reflective thinking

Target Audience

Coaches

World Triathlon Level 1 and Level 2 Certified Coaches and ACEP accredited coaches, or Coaches with academic/sport certification in coaching. World Triathlon will check these cases one by one and work with the Continental Confederation and the respective National

Federation to define a pathway for these coaches to be integrated with the World Triathlon Coaches Pathway.

Athletes

Youth and Junior athletes (Age 15-19 years)

Learning Outcomes

There are many significant learning goals included in the program. In order to accomplish simultaneous practice-based development, coaches are encouraged to closely work with their athletes during the camp. Participants in the camp are expected to be able to design, oversee, and implement a program to improve their post-race routines, race analysis and recovery.

Athletes and coaches must be aware of every factor influencing a specific performance in a competition considering both internal and external influences. They must learn how to create goals that are both realistic and objective, as well as how to recognize the athletes' strengths and flaws.

Athletes and coaches also need to attend with an open mind and be prepared to be challenged by other athletes and coaches, because there is always more than one way to win a race. Race analysis can divide opinions.

After completing this camp, coaches and athletes should be able to:

Coaches KPI's

- Provide positive and encouraging support to the athletes after an event.
- Assess and evaluate athletes' pre-race goals and expectations.
- Be well-versed in nutritional tactics for post-race recovery.
- Review a decision, good or bad, learn and move on (plan/do/review) in a constructive way.
- Bring their own ideas to coach/facilitator discussions.
- Seek to engage their coaching and support team.
- Actively engage in a training, post-race evaluation, and reviewing process.
- To be prepared to be challenged on racing approach/opinions.

Athletes KPI's

- Engage with the coaching team.
- Possess the capacity to evaluate and comprehend information, analyse it, and make conclusions with confidence.
- Take control of their athletic and personal growth.
- Not be afraid to make mistakes and then learn from them.
- Analyse and assess your race strategies and tactics.
- Increase your understanding of your strengths and weaknesses.
- Be able to analyse and understand the race course's demands.
- Make better nutrition choices.

- Plan and prepare recovery nutrition and hydration.
- Possess a thorough awareness of the physical preparation, nutrition, sleep, and recovery procedures required for your optimum performance.
- Be prepared to be provided with advice from various coaches and athletes and taking on the advice with an open mind rather than criticism.

Supporting Resources

The content is supported by the [World Triathlon Education & Knowledge Hub](#), which contains all the information (written) required to establish a successful athlete development program. Also, a section called "tools and resources" can be found within the framework. World Triathlon has developed documents, apps (under construction) and spreadsheets from the written content to support the process of athlete development during the practical sessions. With all the content provided, coaches should be able to develop their coaching knowledge and skills and establish a tailored athlete skill development program.

For more details, please contact World Triathlon Development at development@triathlon.org.

Eligibility

The following criteria must be met in order to register for the camp. NFs must send a coach along with the athletes.

Athletes

- **Youth Athletes (15-17 yrs)**
Youth athletes who sign up for the camp **MUST** have competed in at least one national championship. The registration form must be submitted with the race results or with a weblink to the results.
- **Junior Athletes (18-19 yrs)**
The camp requires junior athletes to have participated in at least one international event before registering. It is required to submit the registration form together with the competition results or with a weblink to the results.

Coaches

Coaches attending the camp are required to fulfil one of the following criteria:

- Coaches have successfully completed and revalidated their World Triathlon Level 1 or Level 2 Certification each year.
- They have been certified from one of the World Triathlon Accredited Coach Education Programs (ACEP).
- They have a Higher Education Accreditation in coaching, sport science or exercise physiology.

Note: World Triathlon might propose or suggest a coach to join the camp.

Coaches' roles and responsibilities

The following responsibilities and commitments are expected of coaches attending the camp:

- Be open-minded and ready to learn.
- Be ready to work in a team environment.
- Respect everyone's opinions.
- Promote the execution of safe and correct practice.
- Be professional and accept responsibility for your actions.
- Make a commitment to providing a quality service to the participants.
- Contribute to the developments of the sport in your country.
- Plan the delivery of the camp sessions so they meet the needs of the group and objectives outlined.
- Recognise and accept when it is appropriate to refer a participant to another coach.
- Practice in an open and transparent fashion that encourages others to contribute to or learn from your knowledge and experience.
- Engage in self-analysis and reflection to identify your personal development needs.
- Seek on-going development opportunities to refine your coaching skills and update your knowledge.
- Avoid taking on any responsibilities for which you are not prepared or competent.
- Make sure you accurately reflect the degree of training or accreditation you possess.
- Be familiar with [World Triathlon's Safeguarding Policy](#) and handle this as a priority.

Ratio coach/athletes

The coach-to-athletes ratio needs to allow coaches to effectively coach, assist, and develop all the camp participants efficiently and equally.

The following coaching ratios specify a maximum ratio that will guarantee a secure and effective coaching session. However, if the coach feels competent and confident handling a different ratio within the suggestions, certain adjustments can be made.

The recommended ratio coach for a post-event camp is 1:3.

Selection process

To be eligible for selection to the World Triathlon Development Camp athletes must:

- Be an active member in good standing with their respective NF.
- Fill and submit the application 8 weeks prior to the camp.
- Athletes must be registered for the race by their respective NF by the application deadline.
- Athletes should have competed at the event linked to the camp.

Selection Panel

Composition of the Selection Panel:

- Continental Coordinator / Representative
- Camp Facilitator(s) - (Head coach)
- World Triathlon Development Representative

Parental consent

(only the Parents of an Athlete **under sixteen (16) years old** need to fill out the consent).

Link to the file:

<https://docs.google.com/document/d/1Q5fcFg08J1V0XX4zUpekMJlYZcHgKAbe/edit>

Timeline for enrolment

Application:	eight (8) weeks prior to the camp
Selection:	seven (7) weeks prior to the camp
Selection announcement to NFs:	six (6) weeks prior to the camp

Equipment required

Athletes are required to bring all relevant equipment and clothing for training.

- Swim: Pull buoy, fins, 2 pairs of goggles, swim cap, paddles
- Bike: Bike, helmet (no cracked helmets), bike shoes, pump, spare tubes, tyre levers.
Not mandatory but desirable a heart rate monitor and a power meter device.
- Run: 2 pairs of running shoes (one with elastic laces), sunscreen, hat, sunglasses

Coaches are required to bring all relevant equipment and clothing for training.

- Stopwatch
- Notebook (paper) with pen/pencil
- Tablet or laptop computer (preferably)
- Waterproof camera (not mandatory)

Facilities requirements

- 25m swimming pool
- Parking lot or a safe area to practise bike handling skills
- Running track
- Gym
- Smart trainers with power meters

Pre-camp activities

Readings	Task
Travelling athlete	Decision when travelling Choices when & what packing
Nutrition	Nutrition activities
Sleep	Track your hours of sleep the week before travelling to the camp
The process of goal setting	Pre-race objectives
Post-race analysis	Task
Anti-doping	Youth Athlete Anti-Doping Education 2022 International Athletes Anti-Doping Education 2022
Mental Preparation	

Schedule

	World Triathlon Development Post-event Camp - Tentative Schedule						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session 1	Swim	Swim	Swim	Swim	Swim	Swim	TBD
Post Session 1	Session reflection						
Session 2	Cycling	Run	Transition	Run	Transition	Run	TBD
Post Session 2							
Session 3		Transitions (seminar room)		Nutrition workshop: Cooking your recovery bars			TBD
Session 4 Seminar room	Post-race analysis	Analysing your pre-race goals	Nutrition	Sleep and recovery	Tapering	The process of goal setting	

Important information: Each athlete's coach will be solely responsible for creating the training schedule for the camp. Depending on the demands of the competition's schedule and the accessibility of the training facilities, the training sessions may need to be modified.