# TRIATHLON & DUATHLON

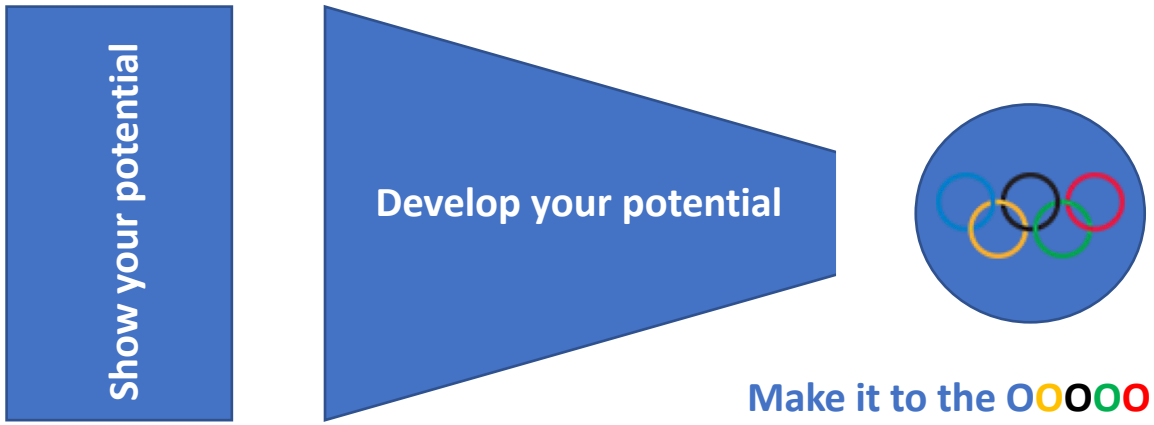
# Mixed-relay project

# Outline

- Objectives
- Physiological and performance profile
- Training tips
- Lifestyle
- Mind-set
- Selection policy and procedures
- Program

# Objectives

- Developing a world class mixed-relay team (3 men, 3 women) for OS Tokyo and beyond
- Increasing our knowledge and understanding of the MXT
- Encourage athletes and coaches to be engaged and develop their potential.



# Physiological- and performance profile

mixed-relay - supersprint – sprint – standard distance – 70.3 - Ironman

## Key Performance indicators (KPI)

| | MXR | SS | S | SD | 70.3 | IM |
|---|---|---|---|---|---|---|
| S100 (FRC) | ***** | ***** | *** | ** | ** | ** |
| S200 (FRC/$VO_2$max) | ***** | ***** | ***** | ***** | *** | *** |
| S400 ($VO_2$max) | ***** | ***** | ***** | ***** | ***** | ***** |
| S1500 (FTP-MLSS) | ** | ** | *** | **** | **** | ***** |
| P1' (FRC) | ***** | ***** | ***** | ***** | * | * |
| P5' ($VO_2$max) | ***** | ***** | ***** | ***** | ***** | ***** |
| P20' (FTP-MLSS) | **** | **** | ***** | ***** | ***** | ***** |
| P180' (MFOR) | * | * | * | * | *** | ***** |
| R400 (FRC) | *** | *** | ** | * | * | * |
| R1.500 (FRC/$VO_2$max) | ***** | ***** | ***** | ***** | ** | ** |
| R3.000 ($VO_2$max) | ***** | ***** | ***** | ***** | ***** | ***** |
| R10.000 (FTP-MLSS) | *** | *** | **** | ***** | ***** | ***** |

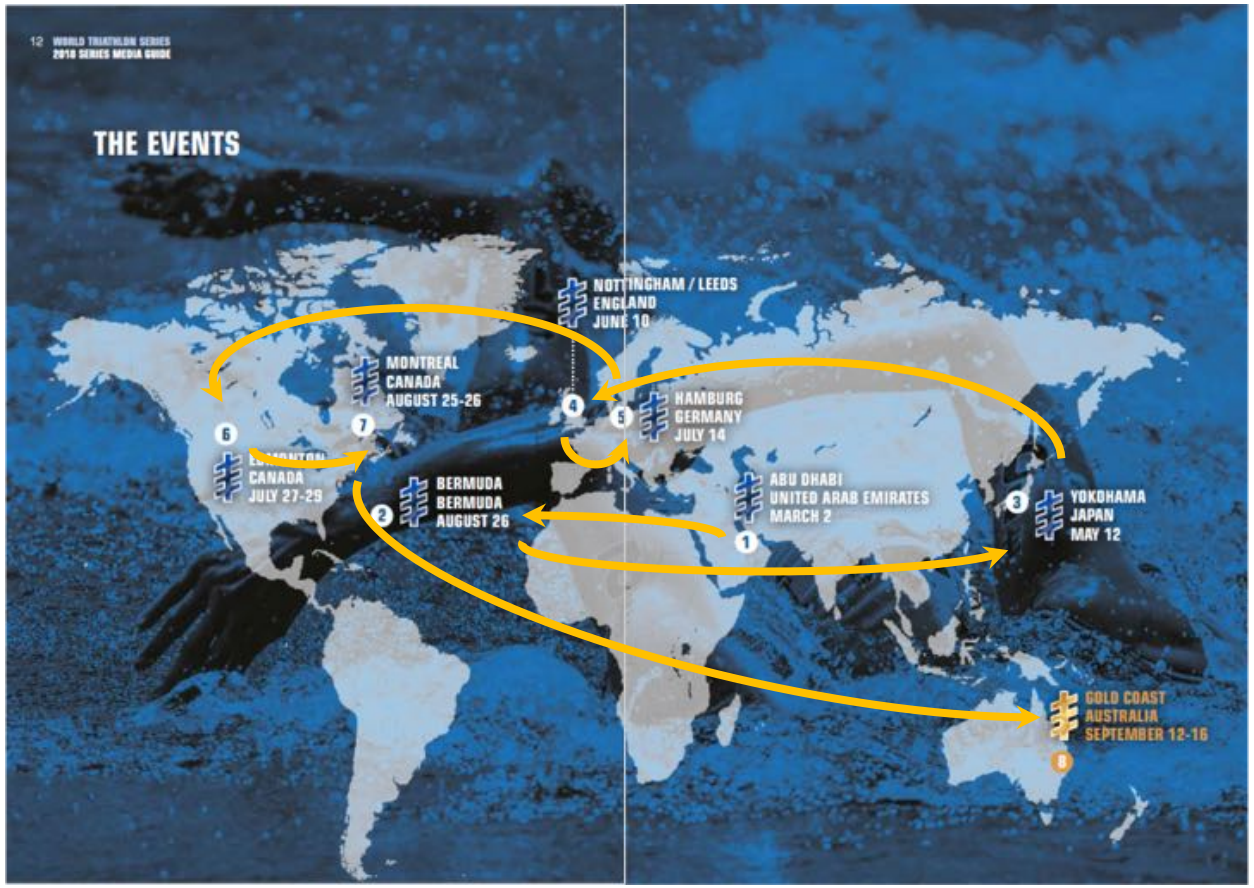
# Physiological- and performance profile

## The ‘ideal’ mixed-relay athlete ...

- Aerobic profile ($VO_2$max, fast recovery during multi-race weekends)
- Fast and resilient (FRC)
- Skilful (fast transitions, highly skilled on the bike, …)
- Stress resilient (able to perform at desired moment)
- Efficient (able to convert potential into world class race results)
- Race intelligence
- Team player (willing to contribute to the team’s success as the first priority)
- Healthy, also in challenging circumstances
- Strong digestive system

**At elite level, the ideal mixed-relay athlete is not much different from the world class standard distance athlete.**

# Physiological- and performance profile




***Conclusions Air travel and competition are major risk factors for acute respiratory tract and gastrointestinal symptoms in this population. Athletes who have large fluctuations in training load experience such symptoms more frequently. Shorter duration of symptoms appears to be associated with success in cross-country skiing. (Br J Sports Med, 10, 2016)***

# Training tips

- **Train polarized**
  - Basic endurance for +80% training volume
  - High intensity for 10-20% training volume. Focus on 1-5min peak effort development (FRC-$VO_2$max)
- **Train skills**
  - Pontoondives from a running start
  - Swim exits
  - Transitions
  - Bike skills
- **Consistent training**
- **Build race experience.** Short distance races. Swim/bike/run/multisport
- **Monitor training effects**. 3VL offers Trainingpeaks® accounts and the Inscyd® evaluationplatform for athletes accepted to the project.

***The importance of 1" in T1 ...***

*Do you know that 1 sec ....*
*@ 40kph means 11,1m?*
*@ 50kph: 13,9m*
*@ 55kph: 15,3m*
*How much effort does it take to close a gap of 11,1-15,3m @40-55kph?*

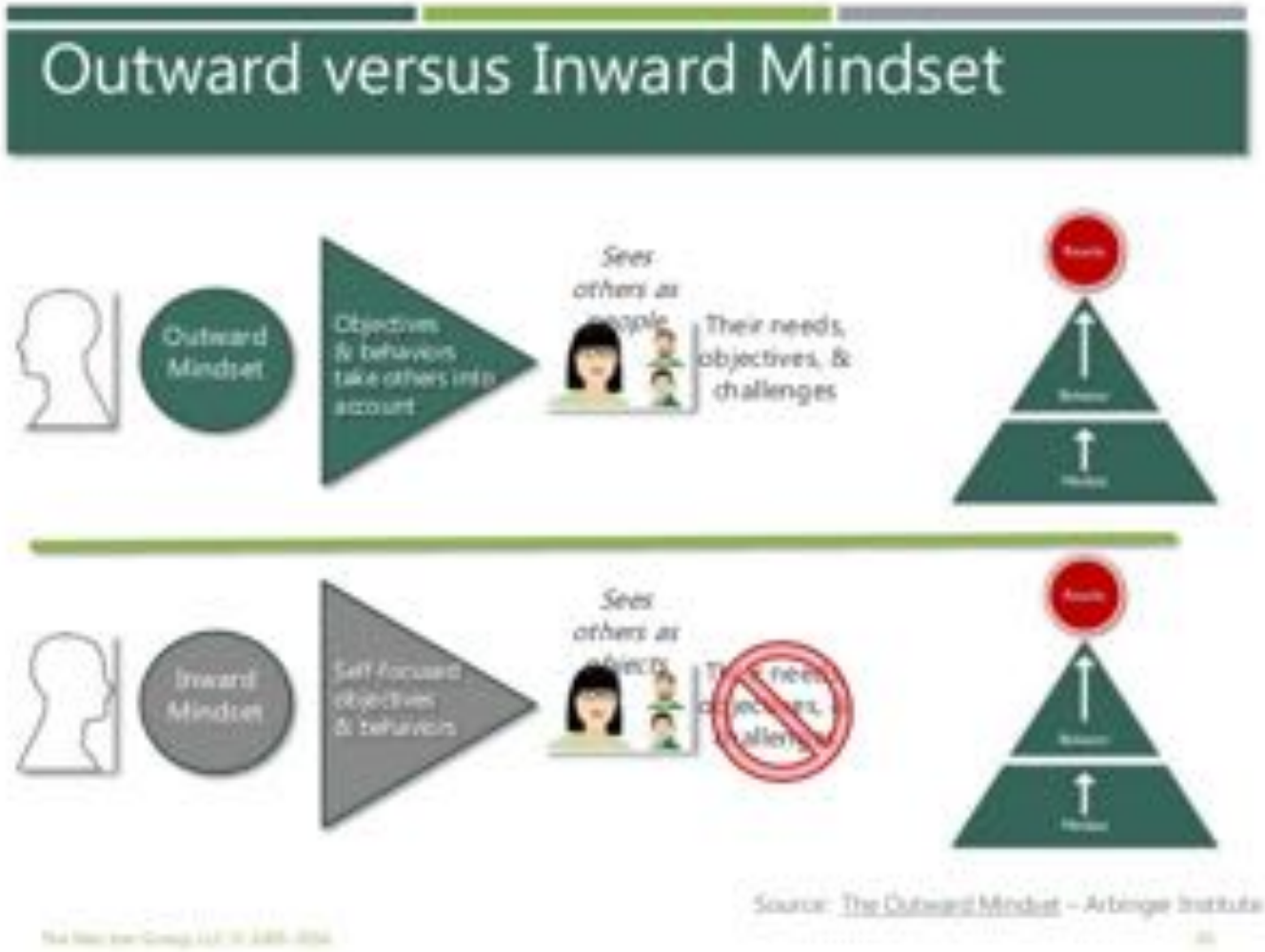
***The importance of 1" in T2 ...***
*Do you know that 1 sec ....*
*@ 19kph means 5,3m?*
*@ 21kph: 5,8m*
*How much effort does it take to close a gap of 5,3-5,8m @19-21kph?*

***It really matters to train for a 1 sec faster transition.***

# Lifestyle

- Do the basics extremely well
  - Nutrition
  - Sleep
  - Travel health
  - Body and mind
  - …
- Championship athletes
  - Develop recovery strategies based on current scientific knowledge that gives you the extra edge on multiple day competitions

# Mind-set




Source: The Outward Mindset – Arbinger Institute

**NOT**

**BUT**

***DEAL WITH IT !***

# Selection criteria

## Selection policy Team Belgium - Olympic Games Tokyo (model II)

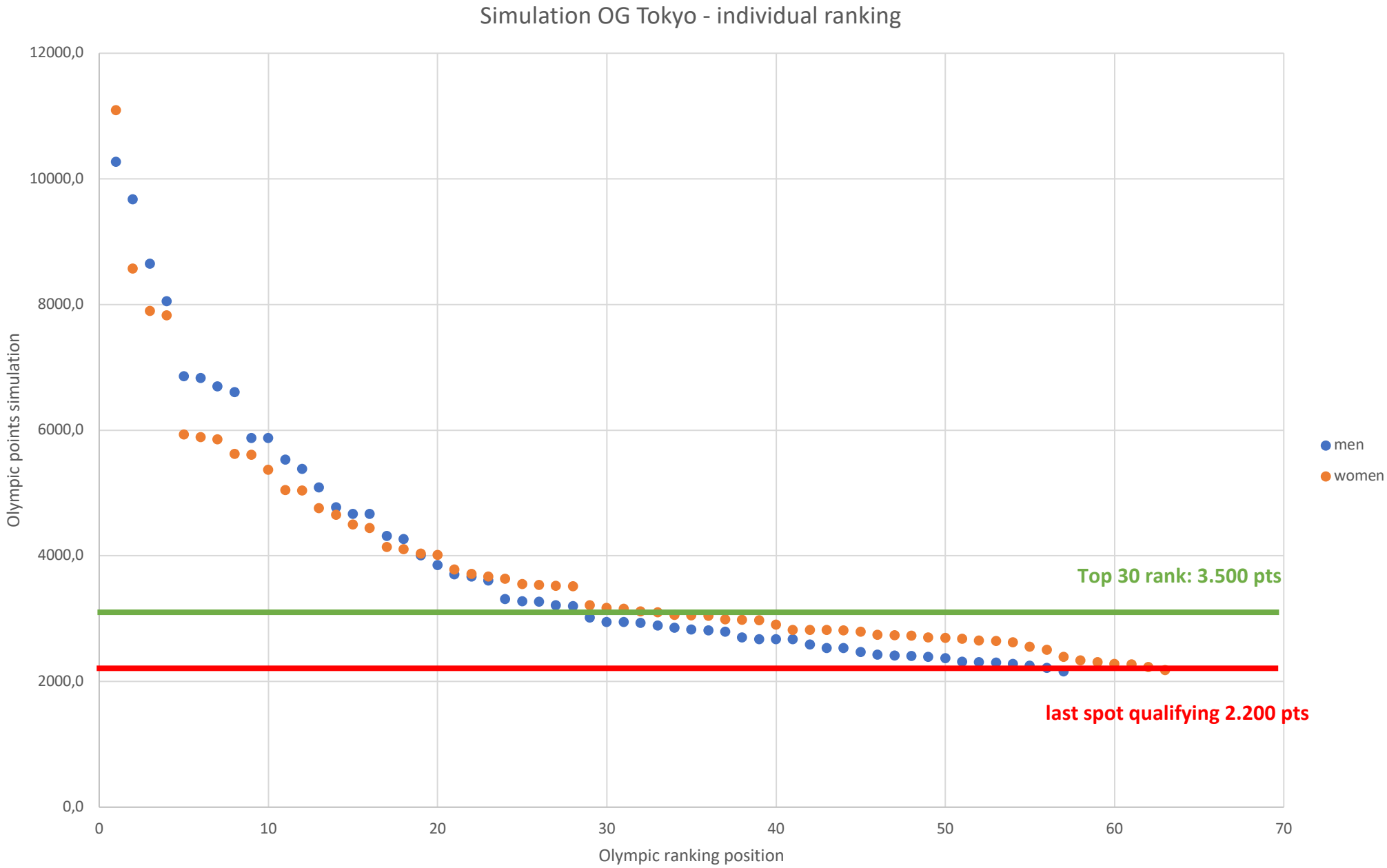
1. Athletes for the Olympic triathlon team need to be eligible according to ITU rules.

2. All earned spots will be assigned.

TO BE ANNOUNCED

7. The Belgian Olympic Committee has the final decision on the composition of the Tokyo Olympic team, and can decide not to follow the advice of the Belgian Triathlon Selection Commission.

# Selection criteria – Olympic points simulation




**3.500 = 12*T16 WTS/SD - 2.200 = 12*T22 WTS/SD**

# Program and support

- National test February 25
- Training and testing days: May : 5-6, August 2-3, September 9 (3VL talent day)
- ITU Mixed relay series
- EC Glasgow
- Participation in Mixed relays during EC youth, juniors and U23 will be considered
- Super league junior races (on invitation)
- Training camps:
  - Olympic committee Lanzarote (elite)
  - Olympic committee Vittel (juniors)
  - Development camps in colaboration with team GB Rio Maior
- Support from federation partnerships
  - Trainingpeaks / Bioracer / Inscyd / Polar / Sportscontrol

@BELIEVEPHQ
10 THINGS THE
BEST ATHLETES
HAVE IN COMMON
THEY CONTINUALLY LOOK TO KEEP DEVELOPING, GROWING AND LEARNING
THEY DEMONSTRATE POSITIVE BEHAVIOURS AND LEAD BY EXAMPLE
THEY MAKE MISTAKES AND LEARN FROM THEM
THEY WIN WITH GRACE AND LOSE WITH DIGNITY
THEY LISTEN TO FEEDBACK
THEY PERSERVERE
THEY WORK ON BUILDING THEIR CONFIDENCE
THEY SUPPORT THEIR TEAMMATES
THEY SET GOALS AND WORK TOWARDS THEM
THEY ARE DRIVEN, MOTIVATED AND COMMITED

# TRIATHLON & DUATHLON