

HONG KONG TRIATHLON TALENT SEARCH TRYOUT 13 JULY 2013

Location: Hong Kong Sport Institute Sha Tin.
Participants will gather on the track

Schedule:

9.00am: **Registration & Introduction**

9:30am: **Scientific Test & Run Session**

11.30am: **Presentation & Sharing by Olympians**

1.00pm: **Swim session**

2.00pm: **Concluding Remarks Q&A:**

To register for this event please download the form at:
www.triathlon.com.hk

WHAT ELSE SHOULD I KNOW?

Please bring the following equipment to the session:
full running gear, full swimming gear, snacks and
water bottle.

FOR MORE INFORMATION CALL: CINDY WONG

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Entry Form Available at:
www.triathlon.com.hk



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Website: www.triathlon.com.hk

HONG KONG TRIATHLON TALENT SEARCH RECRUITMENT DAY

13 JULY 2013



**DO YOU HAVE WHAT IT
TAKES TO BECOME AN
OLYMPIAN?**

Organizers:



WHY TRIATHLON?

Triathlon is one of the most exciting sports at the Olympics. It is also one of the toughest. Three sport disciplines (Swim-Bike-Run) create an ever-changing dynamic during a race which is hard to predict. At nearly 2 hours in length, Triathlon is equivalent to the marathon and the cycling road race. Junior races are shorter of course. Successful athletes will travel all around the world to races and training camps. You will meet similar minded athletes from many different countries. Imagine Triathlon for yourself!!

WHO WILL SUCCEED?

The Swimmer: Development of an ideal triathlete in the modern era starts with the swim program. The most technical of the disciplines, swimming is best started around 8-10 years of age. A swim club program is best because of the excellent group atmosphere, attention to technique and the higher frequency of sessions per week.

The Engine: Triathlon is an endurance sport. It is a sport suited best for those who 'love to train'. The best triathletes may not have sports' biggest engines (see cross country skiing, soccer and marathon) but they do have a lot of endurance. Regular swim programming is the best place for a young athlete to build their engine.

The Runner: Some say that the best runners are born. While natural technique is a blessing, running talent can be developed like any other discipline. Initially the run program is quite simple with a weekly frequency of not more than 2. Good technical coaching is essential. Regular cross country racing helps too.

The Competitor: The instinct to win appears inside a successful young athlete long before they present themselves in front of a coach. Winning does not need to mean finishing first. It refers to the inner drive to prepare to win. This characteristic is often the most important determiner of eventual success.

ARE YOU FAST ENOUGH?

In an ITU level race, your swim has to be fast enough to keep up with the top third of the pack. This means the young swimmer needs to be fast enough but not necessarily world class. Boys age 13 – 16 should be under 4.50 minimum for 400 m freestyle, preferably under 4.30; Girls should be under 5.00 minimum, preferably under 4.40.

A race can be lost during the swim by missing the front pack, which then makes the bike portion quite difficult. However, the race can only be won on the run. Boys run speed requirements (3000m) range from 10.30 minimum to preferably under 10.00; Girls range from under 11.30 minimum to preferably under 11.00.

If you fit inside these performance measures, then we are very interested in helping you begin a career which could possibly lead to racing Triathlon at the international level.

Upon passing the entry evaluations you will be then assessed for programming options. For many athletes the ideal situation is to stay with your current swim program ongoing, until the triathlon career is well established. Depending on your local run and bike programming, these would be added on an individual basis from our existing programs.

An entry interview will be used to construct your ideal program. Formal entry time trials for swim-bike and run will have to be performed prior to admission to the program. .

Successful candidates will be given basic sports science testing by HKSI staff and be introduced to the HKSI Triathlon coaching staff. Daniel Lee, one of Hong Kong's triathlon stars will be at the presentation to talk with prospective athletes.



Hong Kong Sports Institute
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WHAT IS NEXT?