GB Triathlon
Tokyo 2020
‘Pilot Athlete’
Programme
Performance
Considerations
The Performance Factors used to identify Pilot Athletes

Many factors will be taken into consideration when identifying whether an athlete can deliver a Pilot role. These factors may include but not necessarily be limited to:

- Competition Performance
  - Swim performance including:
    - Start position relative to the field (where known)
    - Position and time relevant to the field at swim exit (both mid point and final exit)
    - Swim speed (where known)
    - Ability to navigate through a field when required and make good decisions during the swim
  - Bike Performance including:
    - Ability to influence the race positively through their own individual performance
    - Ability to influence the race by involving and engaging other competitors to create a positive outcome
    - Tactical ability to read the race and make good and positive decisions in a pressered environment
    - Take direction from team mates
    - Start and finish position and time relevant to the rest of the field at the start and finish of the bike leg
    - Technical ability including – cornering and bike handling, positioning in a group, ability to ride in an efficient pace line/chain gang, efficient and effective use of available power
    - Power and speed data from competition where collected
Run Performance including:

- Time and position relevant to the competition
- Speed

Does run performance indicate an ability to score enough points to be eligible for selection

These competition factors will be evaluated in an appropriate competition environment with a relevant quality of field and course profile. The minimum level of competition to be considered will be the following:

- ITU Senior (Continental Cup and up)
- U23 Championship
- French Grand Prix
- 5150

- Basic physiological and performance characteristics and capacities:
  - Quantify what is the athlete maximally capable of in a controlled environment and how does this match up to what we know and expect the requirements of racing at the Olympic level
  - The main focus will be on the swim and bike however the run performance will need to evaluated for the purposes of selection eligibility
  - Identification of ‘headspace’ and therefore the capacity for improvement.

- Psychological profile
  - How does the athlete handle pressure in and around competition and in training and holding camp environments
  - Are they capable of making good decisions in a race environment
  - Do they work well with others/are they compatible with potential teammates
o Are they capable of taking and following direction when required

o Are they able to be absolutely aligned with the goals and agreed tactics of the team

• Commitment

  o Is the athlete willing and able to commit to a programme that will require them to be directed, in training and competition, by the BTF Head Coach

  o Is their current support team (coach, training partners, family and friends, sponsors etc) willing and able to commit and continue to support completely the athlete in this role

  o Does the athlete value the role of aiding another athlete or athletes to achieving individual success

The Physical Characteristics and Capacity Guidelines of a Pilot Athlete

The performance guidelines set below are to be used as an indication of suitability for the program. They are demonstrative of the levels of performance necessary to have a positive and constructive impact on racing at Olympic Level Triathlon. The ability to produce the performance targets would not guarantee selection to the program but would be taken into consideration. Similarly, not being able to hit all of these targets would not preclude a candidate from selection but performances outside of 1-2% of those set below would have a negative impact on selection.

The guidelines are broken up into the three single disciplines:

1. Swim

2. Bike

3. Run

1. Swim
The standards listed below are all Long Course metres and from a dive in a FINA approved competition swimsuit. They must be supervised by an accredited BTF coach or videoed for validation:

<table>
<thead>
<tr>
<th>Distance</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>Sub 62sec</td>
<td>Sub 58sec</td>
</tr>
<tr>
<td>200m</td>
<td>Sub 2min 10sec</td>
<td>Sub 2min 2sec</td>
</tr>
<tr>
<td>400m</td>
<td>Sub 4min 30sec</td>
<td>Sub 4min 12sec</td>
</tr>
<tr>
<td>1500m</td>
<td>Sub 18min</td>
<td>Sub 17min</td>
</tr>
</tbody>
</table>

2. Bike

The test must be conducted by a BTF approved physiologist on SRAM test rig

Peak Powers:

<table>
<thead>
<tr>
<th>Time</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>5sec</td>
<td>&gt;850w</td>
<td>&gt;1300w</td>
</tr>
<tr>
<td>60sec</td>
<td>&gt;430w</td>
<td>&gt;700w</td>
</tr>
<tr>
<td>3min</td>
<td>&gt;330w</td>
<td>&gt;500w</td>
</tr>
<tr>
<td>10min</td>
<td>&gt;290w</td>
<td>&gt;420w</td>
</tr>
<tr>
<td>20min</td>
<td>&gt;275w</td>
<td>&gt;400w</td>
</tr>
</tbody>
</table>

3. Run

The test must be performed on a certified 400m running track and supervised or videoed for validation:

- Women 3km: 10:00
- Men 3km: 9:15

A laboratory Step Test, measuring maximal capacities and economy, will also be included to give an indication of the athlete’s ability to sustain or improve performance.