



# 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 pressured 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 be 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



- Are they capable of taking and following direction when required
- Are they able to be absolutely aligned with the goals and agreed tactics of the team
- Commitment
  - 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
  - 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
  - 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:

Distance	Female	Male
100m	Sub 62sec	Sub 58sec
200m	Sub 2min 10sec	Sub 2min 2sec
400m	Sub 4min 30sec	Sub 4min 12sec
1500m	Sub 18min	Sub 17min

## 2. Bike

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

Peak Powers:

Time	Female	Male
5sec	>850w	>1300w
60sec	>430w	>700w
3min	>330w	>500w
10min	>290w	>420w
20min	>275w	>400w

## 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.