

DID YOU ENJOY EXPERIMENTING WITH TRIATHLON?

FIND THE NEAREST YOUTH CLUB:

<https://www.triathlonquebeR.org/entraîneurs/clubs/>

(if applicable) :

A verified Club trainer can assess your skills from the *1-2-tri SCO!* Program and help you navigate the *1-2-tri GO!* Program! Great tools and rewards await you.



LEVELS 5-6 PROGRESS ASSESSMENT

NAME: _____

GRADE: _____

TEACHER: _____

DATE: _____



LEVEL 5

SWIMMING	S.5.1	• POOL: Perform a standard and effective wall-turn while swimming a minimum of 5 m underwater (flags).	<input type="checkbox"/>
	S.5.2	• Swim in a straight line without visual markings on the bottom of the pool (open-water swimming simulation or open-water swimming).	<input type="checkbox"/>
	S.5.3	• POOL: Getting out of the deep/shallow end quickly and efficiently (with the water up or near the top of the wall).	<input type="checkbox"/>
	S.5.4	• Going around a buoy while performing a 180° outward-turn efficiently, with the right technique and minimal loss of speed.	<input type="checkbox"/>
	S.5.5	• Crawl 375 m without stopping.	<input type="checkbox"/>
	S.5.6	• Crawl 50 m in 60 seconds or less.	<input type="checkbox"/>
CYCLING	C.5.1	• Cycle on a course that includes sharp 90° to 180° corners (tilting the bicycle, minimal handlebar rotation).	<input type="checkbox"/>
	C.5.2	• Assume the most aerodynamic position for the course • Straight line • Corners.	<input type="checkbox"/>
	C.5.3	• Execute a two-wheel jump.	<input type="checkbox"/>
	C.5.4	• Safely cycle in a small group • Stay on track • Use hand signals for group riding • Take pulls.	<input type="checkbox"/>
	C.5.5	• Shift gears to match the speed of other cyclists from the group.	<input type="checkbox"/>
	C.5.6	• Learn the steps to repair/replace a bicycle tube.	<input type="checkbox"/>
	C.5.7	• Cycle 60 minutes on a complex set course (uphill, downhill, corners...).	<input type="checkbox"/>
	C.5.8	• Cycle at a steady and rapid pace for 10 km.	<input type="checkbox"/>
RUNNING	R.5.1	• Match running technique to running pace.	<input type="checkbox"/>
	R.5.2	• Match running technique to course characteristics • Uphill/Downhill: smaller strides, same pace.	<input type="checkbox"/>
	R.5.3	• Match running pace to other runners or increase pace.	<input type="checkbox"/>
	R.5.4	• Find comfortable pace (slight shortness of breath that can be maintained for a long period).	<input type="checkbox"/>
	R.5.5	• Run/Walk for 25 minutes on a course that includes some hills.	<input type="checkbox"/>
	R.5.6	• Progressively increase running speed over 1 km (using a 400 m track is recommended).	<input type="checkbox"/>
	R.5.7	• Run 2.5 km at a steady and fast pace.	<input type="checkbox"/>
TRANSITION	T.5.1	• Remove wetsuit on your own, quickly and efficiently, after swimming event.	<input type="checkbox"/>
	T.5.2	• Quickly perform T1+T2 without personal or equipment mistakes and with other participants in the zone.	<input type="checkbox"/>
	T.5.3	• Keep station orderly and respect max width of 75 cm for all transitions.	<input type="checkbox"/>
	T.5.4	• Cycle 10 km after swimming 375 m.	<input type="checkbox"/>
	T.5.5	• Run 2.5 km after cycling 10 km.	<input type="checkbox"/>

MY PARTICIPATIONS

DATE	EVENT

LEVEL 6

SWIMMING	S.6.1	• POOL: Perform standard and effective wall-turns while swimming a minimum of 5 m underwater (flags).	<input type="checkbox"/>
	S.6.2	• Identify visual markings to adequately and calmly find your bearings in open (calm) water with or without directional buoys.	<input type="checkbox"/>
	S.6.3	• Master aquatic drafting.	<input type="checkbox"/>
	S.6.4	• Get out of open water (beach exit) in a fast and efficient manner. Run forward and avoid water resistance (by lifting your feet).	<input type="checkbox"/>
	S.6.5	• Crawl 500 m without stopping.	<input type="checkbox"/>
	S.6.6	• Crawl 50 m in 50 seconds or less.	<input type="checkbox"/>
CYCLING	C.6.1	• Master cycling with one hand as you negotiate a corner • Right • Left.	<input type="checkbox"/>
	C.6.2	• Climb a steep hill, cycling off the saddle.	<input type="checkbox"/>
	C.6.3	• Quickly avoid obstacles (potholes, bumps, cracks...) while cycling • Right • Left.	<input type="checkbox"/>
	C.6.4	• Quickly avoid obstacles (potholes, bumps, cracks...) while cycling in a group, signaling your intentions to others.	<input type="checkbox"/>
	C.6.5	• Overtake and take pulls (paceline) in a small group while riding straight.	<input type="checkbox"/>
	C.6.6	• Cycle 75 minutes on a complex set course (uphill, downhill, corners...).	<input type="checkbox"/>
	C.6.7	• Cycle at a steady and rapid pace for 15 km.	<input type="checkbox"/>
RUNNING	R.6.1	• Drink water/electrolyte drink while maintaining running pace.	<input type="checkbox"/>
	R.6.2	• Perform ABC Skips while skipping.	<input type="checkbox"/>
	R.6.3	• Change pace according to participants coming up the rear • Increase speed to stay in the lead.	<input type="checkbox"/>
	R.6.4	• Run/Walk for 35 minutes on a course that includes several hills.	<input type="checkbox"/>
	R.6.5	• Progressively increase running speed over 2 km (using a 400 m track is recommended).	<input type="checkbox"/>
	R.6.6	• Run 3 km at a steady and fast pace.	<input type="checkbox"/>
TRANSITION	T.6.1	• Mount moving bicycle in a group and anticipate optimal resistance.	<input type="checkbox"/>
	T.6.2	• Dismount moving bicycle in a group and anticipate optimal resistance.	<input type="checkbox"/>
	T.6.3	• Toe clips/Cliplless: Put on shoes while cycling.	<input type="checkbox"/>
	T.6.4	• Toe clips/Cliplless: Remove shoes while cycling.	<input type="checkbox"/>
	T.6.5	• Remove wetsuit on your own, quickly and efficiently, after intense swimming event (with shortness of breath).	<input type="checkbox"/>
	T.6.6	• Elastic laces: Put on and tie shoes properly, quickly and independently with wet feet.	<input type="checkbox"/>
	T.6.7	• Transition between 375 m-swim, 10 km-cycle, 2.5 km-run.	<input type="checkbox"/>

Next for the 1-2-tri SCO! program:

LEVEL 7

Next for the 1-2-tri GO! program:

LEVEL 7

**RESPONSIBLE
TRIATHLETE LEVEL**

**PRE-RACE LEVELS
GOLD SILVER BRONZE**

Comments :
