

DID YOU ENJOY EXPERIMENTING WITH TRIATHLON?

FIND THE NEAREST YOUTH CLUB:

<https://www.comptons.com/entraineurs/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 3-4 PROGRESS ASSESSMENT

NAME: _____

GRADE: _____

TEACHER: _____

DATE: _____



LEVEL 3

SWIMMING	S.3.1	• Rotate your arms forward (crawl) while doing effective kicks, breathing on both sides • Right • Left.	<input type="checkbox"/>
	S.3.2	• Performing effective pulls during crawl (hand positioning).	<input type="checkbox"/>
	S.3.3	• Perform correct breaststroke technique.	<input type="checkbox"/>
	S.3.4	• Perform a tumble turn underwater followed by a wall push-off.	<input type="checkbox"/>
	S.3.5	• Know and use your (short) sprinting speed, (medium) average speed, and (long) comfortable speed.	<input type="checkbox"/>
	S.3.6	• Crawl with forward breathing and eyes forward.	<input type="checkbox"/>
	S.3.7	• Swim breaststroke 50 m without stopping.	<input type="checkbox"/>
	S.3.8	• Crawl 200 m without stopping.	<input type="checkbox"/>
CYCLING	C.3.1	• Keep soft elbows & wrists to absorb road shocks.	<input type="checkbox"/>
	C.3.2	• Know and use all hand positions on a road bicycle handlebar • 1 "Narrow flat bar" • 2 «Hoods» • 3 «Drops».	<input type="checkbox"/>
	C.3.3	• Use the right technique to cycle off the saddle.	<input type="checkbox"/>
	C.3.4	• Learn and use hand signals for riding in groups • Pothole/Bump • Gravel/Sand • Train tracks • Speedbumps • Take pulls • Drink • Narrowing lane • Follow/Continue.	<input type="checkbox"/>
	C.3.5	• Check blind spots before changing lanes or overtaking • Right • Left.	<input type="checkbox"/>
	C.3.6	• On a flat course, shift gears progressively in ascending/descending order • Smallest to biggest gear • Biggest to smallest gear.	<input type="checkbox"/>
	C.3.7	• Adjust resistance according to the terrain.	<input type="checkbox"/>
	C.3.8	• Cycle 30 minutes on a simple, set course.	<input type="checkbox"/>
	C.3.9	• Cycle at a steady pace for 5 km.	<input type="checkbox"/>
RUNNING	R.3.1	• Practice safe and efficient strides • Cushioning • Support • Push-off • Suspension.	<input type="checkbox"/>
	R.3.2	• Move the arms fluidly and coordinately from front to back from the shoulder (pendulum motion), maintaining appropriate elbow angle.	<input type="checkbox"/>
	R.3.3	• Identify and follow a "rabbit".	<input type="checkbox"/>
	R.3.4	• Run/Walk for 15 minutes on a flat terrain.	<input type="checkbox"/>
	R.3.5	• Run 1.5 km at a steady pace.	<input type="checkbox"/>
TRANSITION	T.3.1	• Quickly and easily mount/dismount bicycle.	<input type="checkbox"/>
	T.3.2	• Easily run alongside bicycle, partially or fully steering it from the saddle around corners.	<input type="checkbox"/>
	T.3.3	• Perform T1+T2 without personal or equipment mistakes.	<input type="checkbox"/>
	T.3.4	• Understand and apply equipment rules when not using a transition bin.	<input type="checkbox"/>

MY PARTICIPATIONS

DATE	EVENT

LEVEL 4

SWIMMING	S.4.1	• POOL: Perform an effective wall push-off followed by a 5 m-minimum underwater dolphin kick (flags).	<input type="checkbox"/>
	S.4.2	• Breathes with ease on both sides during crawl • Right • Left.	<input type="checkbox"/>
	S.4.3	• Perform a dive start and swim a minimum of 5 m underwater (flags).	<input type="checkbox"/>
	S.4.4	• Going around a buoy while performing a 90° outward turn efficiently, with the right technique and with minimal speed loss.	<input type="checkbox"/>
	S.4.5	• Perform a mass start in the water in a calm and efficient manner.	<input type="checkbox"/>
	S.4.6	• Crawl 300 m without stopping.	<input type="checkbox"/>
CYCLING	C.4.1	• Build an efficient pedal stroke using quadriceps, hip flexors, glutes, and hamstrings (cleats or toe-clips) • High transition • Push • Low transition • Traction.	<input type="checkbox"/>
	C.4.2	• Execute a figure-8 around 2 objects 2 m apart.	<input type="checkbox"/>
	C.4.3	• Execute a one-wheel jump; Lift the front wheel of the bicycle.	<input type="checkbox"/>
	C.4.4	• Grab, drink from and put back water bottle while cycling.	<input type="checkbox"/>
	C.4.5	• Understand drafting and non-drafting zones.	<input type="checkbox"/>
	C.4.6	• Efficiently and safely tuck in close (draft) behind a teammate.	<input type="checkbox"/>
	C.4.7	• Cycle 45 minutes on a complex set course (uphill, downhill, corners...).	<input type="checkbox"/>
	C.4.8	• Cycle at a steady and rapid pace for 8 km.	<input type="checkbox"/>
RUNNING	R.4.1	• Adopt a pace approaching 180 strides per minute.	<input type="checkbox"/>
	R.4.2	• Minimize stride height in favour of stride length.	<input type="checkbox"/>
	R.4.3	• Perform ABC Skips while walking.	<input type="checkbox"/>
	R.4.4	• Adjust running pace and technique to fit surface • Slippery surface: shorter strides • Gripping surface: longer strides.	<input type="checkbox"/>
	R.4.5	• Use different paces depending on the distance to run • Fast for short distances • Moderate to fast for medium distances • Slow to moderate for long distances.	<input type="checkbox"/>
	R.4.6	• Run/Walk for 20 minutes on a course that includes some hills.	<input type="checkbox"/>
	R.4.7	• Run/Walk 15 minutes, increasing and holding speed for the last minute of the race.	<input type="checkbox"/>
	R.4.8	• Run 2 km at a steady and fast pace.	<input type="checkbox"/>
TRANSITION	T.4.1	• Put on bib and other accessories (goggles, sunglasses...) while running.	<input type="checkbox"/>
	T.4.2	• Mount bicycle (sliding/jumping on saddle) and anticipate optimal resistance.	<input type="checkbox"/>
	T.4.3	• Dismount moving bicycle.	<input type="checkbox"/>
	T.4.4	• Perform T1+T2 without personal or equipment mistakes as fast as possible (timed from bicycle rack arrival to departure).	<input type="checkbox"/>
	T.4.5	• Understand and apply equipment rules when using a transition bin.	<input type="checkbox"/>

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

LEVELS 5 - 6 - 7

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

LEVELS 5 - 6 - 7

**RESPONSIBLE
TRIATHLETE LEVEL**

**PRE-RACE LEVELS
GOLD SILVER BRONZE**

Comments :
