



1-2-TRI

GO!

TRIATHLETE PASSPORT

TRIATHLON
QUÉBEC

WHAT?

Triathlon Québec is the Québec sports federation mandated by the Gouvernement du Québec to promote and develop triathlon and its variations.

MISSION

To develop, promote and govern the practice of triathlon and multi-sport in Quebec

TRIATHLON
QUÉBEC

VISION

Be the leader and reference for the sport.

VALUES

Safety, Integrity,
Surpassing Oneself,
Innovation, Collaboration,
Excellence, Fun, Health.

1-2-TRI-GO PROGRAM!

In 2020, Triathlon Québec proudly implemented the 1-2-TRI-GO program!

Delivered as a kit, it includes an athlete's passport, tools for Coach Evaluators (CE) and a repertoire of various educational activities. .



GOALS

- Develop the athlete's basic skills in each of the triathlon disciplines.
- Promote long-term healthy and active lifestyles in athletes.
- Standardize the essential skills to be acquired by young triathletes in order to optimize their long-term development.
- Offer a progress tracking tool for athletes and participants. .

STARTING LEVEL

Athletes are expected to be able to swim (move in the water without touching the bottom) and to cycle on two wheels. An athlete can start the program as soon as they reach this level.

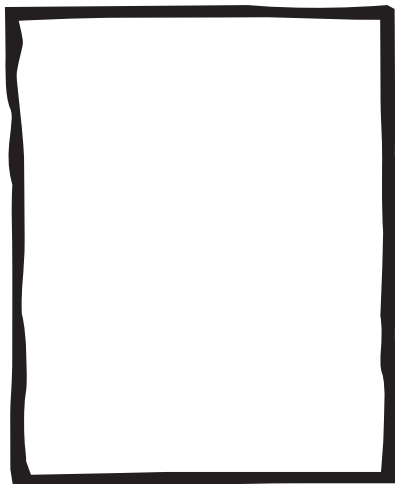
TRIATHLETE IDENTIFICATION

LAST NAME:

FIRST NAME:

CLUB:

DATE OF BIRTH:



WELCOME,

With this passport, you'll develop several swimming, cycling, running and transition skills. You'll be able to track your progress through seven levels. You'll also learn to become a responsible and independent triathlete. You can also use your passport as a resource guide for anything related to techniques, gear, nutrition, road safety, and much more. You'll also earn several rewards along the way!

LET'S START!

Marie-Eve Sullivan

Executive Director, Triathlon Québec

Annick Gendron

Discovery, initiation and training manager, Triathlon Québec

Francis Sarrasin-Larochelle

Director of competition and high level, Triathlon Québec

WHAT AWAITS THE ATHLETE ON THEIR JOURNEY

SEVEN LEVELS OF PHYSICAL ABILITY

LEVEL 1	LEVEL 2
LEVEL 3	LEVEL 4
LEVEL 5	LEVEL 6
LEVEL 7	

Let us consider "Transition" as a discipline here. **To complete a physical skill level, the athlete must successfully complete all skills for all four disciplines.**

The skills are divided into three fundamental areas:

TECHNICAL (T)	TACTICAL/ SAFETY (T/S)	PHYSIOLOGICAL (P)
------------------	---------------------------	----------------------

The athlete can have different levels in each discipline, but their title level always remains the last fully completed level (four disciplines completed for each level). The athlete is expected to reach **Level 7** to complete the program.

Reward: A sticker will be awarded for completing each discipline level. A wristband will be awarded for each completed level.

Towards to end of their journey, and depending on their age, the athlete will have the opportunity to participate in regional camps, Québec Cup events and identification days. Once the program is completed, they will receive a "promising athlete" mention, which will allow them to enroll in a sports-study program or to participate in Québec Games, among other advantages.

THREE LEVELS OF PRE-RACE PREP

BRONZE TRIATHLETE
SILVER TRIATHLETE
GOLD TRIATHLETE

To complete a pre-race prep level, the athlete must demonstrate gradual independence during prep throughout the course of the program. The athlete is expected to reach the **GOLD Triathlete Level** to complete the program

Reward: A sticker will be awarded for each completed level.

RESPONSIBLE TRIATHLETE TITLE

RESPONSIBLE TRIATHLETE

To obtain the title of Responsible Triathlete, the athlete must develop accountability as a triathlete throughout their journey in the program. The athlete is expected to become a **Responsible Triathlete** to complete the program.

Reward: A sticker will be awarded when the athlete receives the **Responsible Triathlete** mention.

TRIATHLETE'S TRACKING SHEET

NAME: _____


START DATE: / /


PHYSICAL ABILITIES				
	Swimming	Cycling	Running	Transition
1 <input type="checkbox"/>	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological
	<input type="checkbox"/> Swimming 1	<input type="checkbox"/> Cycling 1	<input type="checkbox"/> Running 1	<input type="checkbox"/> Transition 1
2 <input type="checkbox"/>	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological
	<input type="checkbox"/> Swimming 2	<input type="checkbox"/> Cycling 2	<input type="checkbox"/> Running 2	<input type="checkbox"/> Transition 2
3 <input type="checkbox"/>	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological
	<input type="checkbox"/> Swimming 3	<input type="checkbox"/> Cycling 3	<input type="checkbox"/> Running 3	<input type="checkbox"/> Transition 3
4 <input type="checkbox"/>	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological
	<input type="checkbox"/> Swimming 4	<input type="checkbox"/> Cycling 4	<input type="checkbox"/> Running 4	<input type="checkbox"/> Transition 4
5 <input type="checkbox"/>	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological
	<input type="checkbox"/> Swimming 5	<input type="checkbox"/> Cycling 5	<input type="checkbox"/> Running 5	<input type="checkbox"/> Transition 5
6 <input type="checkbox"/>	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological
	<input type="checkbox"/> Swimming 6	<input type="checkbox"/> Cycling 6	<input type="checkbox"/> Running 6	<input type="checkbox"/> Transition 6
7 <input type="checkbox"/>	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological
	<input type="checkbox"/> Swimming 7	<input type="checkbox"/> Cycling 7	<input type="checkbox"/> Running 7	<input type="checkbox"/> Transition 7

PRE-RACE PREP		
<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological	<input type="checkbox"/> Technical <input type="checkbox"/> Tactical/Safety <input type="checkbox"/> Physiological
<input type="checkbox"/> BRONZE TRIATHLETE ▶	<input type="checkbox"/> SILVER TRIATHLETE ▶	<input type="checkbox"/> GOLD TRIATHLETE

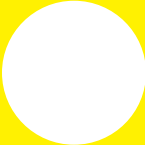
<input type="checkbox"/> RESPONSIBLE TRIATHLETE TITLE	<input type="checkbox"/> RESPONSIBLE TRIATHLETE
---	---


LEVEL 1

SWIM 	S.1.1	• POOL: With your hands on the wall and your face in the water, kick your legs high enough to splash around for 5 breathing cycles • Left • Right.	T	<input type="checkbox"/>
	S.1.2	• Swim forward while keeping your head out of the water (10 m).	T/S	<input type="checkbox"/>
	S.1.3	• With a buoyant object (board), kick your legs while moving (25 m) forward without stopping.	P	<input type="checkbox"/>
	S.1.4	• POOL: Push off the wall (underwater) and swim forward for 25 m at top speed without stopping.		<input type="checkbox"/>
	S.1.5	• Jump in the water and swim forward 25 m at top speed without stopping.		<input type="checkbox"/>
	S.1.6	• Swim forward 50 m without stopping.		<input type="checkbox"/>
	Date:			

CYCLE 	C.1.1	• Ride and control your bicycle on a simple, set course.	T	<input type="checkbox"/>
	C.1.2	• Master cycling straight on a bicycle.		<input type="checkbox"/>
	C.1.3	• Break and plant foot on the ground • Front brake • Back brake.		<input type="checkbox"/>
	C.1.4	• Learn standard hand signals • Stop • Right turn • Left turn.	T/S	<input type="checkbox"/>
	C.1.5	• Recognize potential obstacles and danger on a course (potholes, gravel/sand/dust, sidewalk, train tracks, sewer grates, posts, sun/heat, water, etc.).		<input type="checkbox"/>
	C.1.6	• Learn the main bicycle components.		<input type="checkbox"/>
	C.1.7	• Cycle 10 minutes on a simple, set course.	P	<input type="checkbox"/>
	C.1.8	• Cycle at a steady pace for 1.5 km.		<input type="checkbox"/>
Date:				



RUN 	R.1.1	• Learn to distinguish and progressively perform: Walking, power walking, running and sprinting.	T	<input type="checkbox"/>
	R.1.2	• Learn the importance of wearing good shoes that are securely tied • To reduce the risk of injury • For performance.	T/S	<input type="checkbox"/>
	R.1.3	• Recognize potential obstacles and danger on a course (potholes, gravel/sand/dust, sidewalk, sewer grates, poles, sun/heat, etc.).		<input type="checkbox"/>
	R.1.4	• Run/Walk for 10 minutes on a flat surface.	P	<input type="checkbox"/>
	R.1.5	• Run 500 m at a steady pace.		<input type="checkbox"/>
	Date: _____			

TRANSITION 	T.1.1	• Easily mount/dismount bicycle.	T	<input type="checkbox"/>
	T.1.2	• Easily run alongside your bicycle.	T/S	<input type="checkbox"/>
	T.1.3	• Put on and clip helmet/Unclip and take off helmet on your own.		<input type="checkbox"/>
	T.1.4	• Properly, quickly and independently put on/tie shoes (ideally with elastic ties).	P	<input type="checkbox"/>
	T.1.5	• Run 50 m to bicycle, put on helmet, move bicycle 25 m, mount bicycle, ride 100 m (respecting the mount/dismount lines).		<input type="checkbox"/>
	Date: _____			


Comments:


Coach-Evaluator: _____

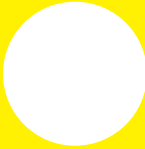
Club: _____


Level completion date: _____

LEVEL 2

SWIM 	S.2.1	• Rotate your arms forward (crawl) while doing effective kicks, breathing on either side.	T	<input type="checkbox"/>
	S.2.2	• Rotate your arms backwards (backstroke crawl) while doing effective kicks.		<input type="checkbox"/>
	S.2.3	• Perform a forward tumble underwater.		<input type="checkbox"/>
	S.2.4	• Crawl (25 m) with your head out of the water and eyes forward.	T/S	<input type="checkbox"/>
	S.2.5	• Knowing and applying overtaking rules in a fair and effective way.		<input type="checkbox"/>
	S.2.6	• Using a buoyant object (board), kick to move forward (50 m) without stopping.	P	<input type="checkbox"/>
	S.2.7	• Perform a 100 m-crawl without stopping.		<input type="checkbox"/>
	S.2.8	• Perform a 50 m-backcrawl without stopping.		<input type="checkbox"/>
	Date:			

CYCLE 	C.2.1	• Proficiently cycle on a course that includes wide 0° to 90° corners (tilting the bicycle, minimal handlebar rotation).	T	<input type="checkbox"/>
	C.2.2	• Master cycling straight with only one hand: • Right • Left.		<input type="checkbox"/>
	C.2.3	• Master cycling straight while looking over your • Left • Right shoulder.		<input type="checkbox"/>
	C.2.4	• After gathering speed, stand on the pedals and cycle for 5 seconds without pedalling. • One pedal at 12 o'clock (up), one pedal at 6 o'clock (down) • One pedal at 3 o'clock (front or back), one pedal at 9 o'clock (front or back).		<input type="checkbox"/>
	C.2.5	• Learn the Highway Safety Coat • Rules & Regulations • Bicycle lanes • Road Signs.	T/S	<input type="checkbox"/>
	C.2.6	• Use adequate standard hand signals • Stop • Right turn • Left turn.		<input type="checkbox"/>
	C.2.7	• Perform an emergency brake (using the back brake).		<input type="checkbox"/>
	C.2.8	• Perform a basic check-up of the bicycle before use • Tire pressure • Chain • Brakes • Visibility equipment.		<input type="checkbox"/>
	C.2.9	• Shift gears on a flat terrain.		<input type="checkbox"/>
	C.2.10	• Cycle 20 minutes on a simple, set course.	P	<input type="checkbox"/>
	C.2.11	• Cycle at a steady pace for 3 km.		<input type="checkbox"/>
Date:				

RUN 	R.2.1	• Demonstrate efficiency, fluidity and coordination between upper and lower body movements.	T	<input type="checkbox"/>
	R.2.2	• Keep elbows at 70°-90° when running.		<input type="checkbox"/>
	R.2.3	• Adopt proper running form.		<input type="checkbox"/>
	R.2.4	• Run/Walk for 12 minutes 30 seconds on a flat surface.	P	<input type="checkbox"/>
	R.2.5	• Run 1 km at a steady pace.		<input type="checkbox"/>
Date: _____				

TRANSITION 	T.2.1	• Easily run alongside bicycle, partially or fully steering it straight, from the saddle.	T	<input type="checkbox"/>
	T.2.2	• Quickly and adequately store bicycle on/take bicycle out of rack.		<input type="checkbox"/>
	T.2.3	• Properly, quickly and independently put on and tie shoes (ideally with elastic ties) with wet feet.	T/S	<input type="checkbox"/>
	T.2.4	• Run barefoot with wet feet both quickly and carefully • Short strides.		<input type="checkbox"/>
	T.2.5	• Run 100 m to bicycle, put on helmet, move bicycle 25 m, mount bicycle, ride 200 m (respecting the mount/dismount lines).	P	<input type="checkbox"/>
Date: _____				


Comments:


Coach-Evaluator: _____

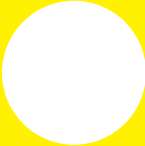
Club: _____


Level completion date: _____

LEVEL 3

SWIM 	S.3.1	<ul style="list-style-type: none"> • Rotate your arms forward (crawl) while doing effective kicks, breathing on both sides • Right • Left. 		<input type="checkbox"/>
	S.3.2	<ul style="list-style-type: none"> • Performing effective pulls during crawl (hand positioning). 	T	<input type="checkbox"/>
	S.3.3	<ul style="list-style-type: none"> • Perform correct breaststroke technique. 		<input type="checkbox"/>
	S.3.4	<ul style="list-style-type: none"> • Perform a tumble turn underwater followed by a wall push-off. 		<input type="checkbox"/>
	S.3.5	<ul style="list-style-type: none"> • Know and use your (short) sprinting speed, (medium) average speed, and (long) comfortable speed. 	T/S	<input type="checkbox"/>
	S.3.6	<ul style="list-style-type: none"> • Crawl with forward breathing and eyes forward. 		<input type="checkbox"/>
	S.3.7	<ul style="list-style-type: none"> • Swim breaststroke 50 m without stopping. 	P	<input type="checkbox"/>
	S.3.8	<ul style="list-style-type: none"> • Crawl 200 m without stopping. 		<input type="checkbox"/>
	Date: _____			

CYCLE 	C.3.1	<ul style="list-style-type: none"> • Keep soft elbows & wrists to absorb road shocks. 		<input type="checkbox"/>
	C.3.2	<ul style="list-style-type: none"> • Know and use all hand positions on a road bicycle handlebar • 1 "Narrow flat bar" • 2 "Hoods" • 3 "Drops". 	T	<input type="checkbox"/>
	C.3.3	<ul style="list-style-type: none"> • Use the right technique to cycle off the saddle. 		<input type="checkbox"/>
	C.3.4	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Check blind spots before changing lanes or overtaking • Right • Left. 	T/S	<input type="checkbox"/>
	C.3.6	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Adjust resistance according to the terrain. 		<input type="checkbox"/>
	C.3.8	<ul style="list-style-type: none"> • Cycle 30 minutes on a simple, set course. 		<input type="checkbox"/>
	C.3.9	<ul style="list-style-type: none"> • Cycle at a steady pace for 5 km. 	P	<input type="checkbox"/>
Date: _____				

RUN 	R.3.1	• Practice safe and efficient strides • Cushioning • Support • Push-off • Suspension.	T	<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".	T/S	<input type="checkbox"/>
	R.3.4	• Run/Walk for 15 minutes on a flat terrain.	P	<input type="checkbox"/>
	R.3.5	• Run 1.5 km at a steady pace.		<input type="checkbox"/>
	Date: _____			


TRANSITION 	T.3.1	• Quickly and easily mount/dismount bicycle.	T	<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.	T/S	<input type="checkbox"/>
	T.3.4	• Understand and apply equipment rules when not using a transition bin.		<input type="checkbox"/>
	Date: _____			


Comments:

Coach-Evaluator: _____

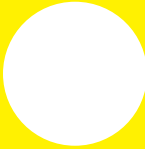
Club: _____


Level completion date: _____

SWIM 	S.4.1	<ul style="list-style-type: none"> • POOL: Perform an effective wall push-off followed by a 5 m-minimum underwater dolphin kick (flags). 	T	<input type="checkbox"/>
	S.4.2	<ul style="list-style-type: none"> • Breathes with ease on both sides during crawl • Right • Left. 		<input type="checkbox"/>
	S.4.3	<ul style="list-style-type: none"> • Perform a dive start and swim a minimum of 5 m underwater (flags). 		<input type="checkbox"/>
	S.4.4	<ul style="list-style-type: none"> • Going around a buoy while performing a 90° outward turn efficiently, with the right technique and with minimal speed loss. 	T/S	<input type="checkbox"/>
	S.4.5	<ul style="list-style-type: none"> • Perform a mass start in the water in a calm and efficient manner. 		<input type="checkbox"/>
	S.4.6	<ul style="list-style-type: none"> • Crawl 300 m without stopping. 	P	<input type="checkbox"/>
	Date:			

CYCLE 	C.4.1	<ul style="list-style-type: none"> • Build an efficient pedal stroke using quadriceps, hip flexors, glutes, and hamstrings (cleats or toe-clips) • High transition • Push • Low transition • Traction. 	T	<input type="checkbox"/>
	C.4.2	<ul style="list-style-type: none"> • Execute a figure-8 around 2 objects 2 m apart. 		<input type="checkbox"/>
	C.4.3	<ul style="list-style-type: none"> • Execute a one-wheel jump; lift the front wheel of the bicycle. 		<input type="checkbox"/>
	C.4.4	<ul style="list-style-type: none"> • Grab, drink from and put back water bottle while cycling. 		<input type="checkbox"/>
	C.4.5	<ul style="list-style-type: none"> • Understand drafting and non-drafting zones. 	T/S	<input type="checkbox"/>
	C.4.6	<ul style="list-style-type: none"> • Efficiently and safely tuck in close (draft) behind a teammate. 		<input type="checkbox"/>
	C.4.7	<ul style="list-style-type: none"> • Cycle 45 minutes on a complex set course (uphill, downhill, corners...). 	P	<input type="checkbox"/>
	C.4.8	<ul style="list-style-type: none"> • Cycle at a steady and rapid pace for 8 km. 		<input type="checkbox"/>
Date:				



RUN 	R.4.1	• Adopt a pace approaching 180 strides per minute.	T	<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.	T/S	<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.	P	<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"/>
Date: _____				

TRANSITION 	T.4.1	• Put on bib and other accessories (goggles, sunglasses...) while running.	T	<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).	T/S	<input type="checkbox"/>
	T.4.5	• Understand and apply equipment rules when using a transition bin.		<input type="checkbox"/>
Date: _____				


Comments:


Coach-Evaluator: _____

Club: _____

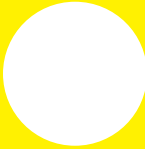
Level completion date: _____


LEVEL 5

SWIM 	S.5.1	<ul style="list-style-type: none"> • POOL: Perform a standard and effective wall-turn while swimming a minimum of 5 m underwater (flags). 	T	<input type="checkbox"/>
	S.5.2	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • POOL: Getting out of the deep/shallow end quickly and efficiently (with the water up or near the top of the wall). 	T/S	<input type="checkbox"/>
	S.5.4	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Crawl 375 m without stopping. 	P	<input type="checkbox"/>
	S.5.6	<ul style="list-style-type: none"> • Crawl 50 m in 60 seconds or less. 		<input type="checkbox"/>
	Date:			

CYCLE 	C.5.1	<ul style="list-style-type: none"> • Cycle on a course that includes sharp 90° to 180° corners (tilting the bicycle, minimal handlebar rotation). 	T	<input type="checkbox"/>
	C.5.2	<ul style="list-style-type: none"> • Assume the most aerodynamic position for the course • Straight line • Corners. 		<input type="checkbox"/>
	C.5.3	<ul style="list-style-type: none"> • Execute a two-wheel jump. 		<input type="checkbox"/>
	C.5.4	<ul style="list-style-type: none"> • Safely cycle in a small group • Stay on track • Use hand signals for group riding • Take pulls. 	T/S	<input type="checkbox"/>
	C.5.5	<ul style="list-style-type: none"> • Shift gears to match the speed of other cyclists from the group. 		<input type="checkbox"/>
	C.5.6	<ul style="list-style-type: none"> • Learn the steps to repair/replace a bicycle tube. 		<input type="checkbox"/>
	C.5.7	<ul style="list-style-type: none"> • Cycle 60 minutes on a complex set course (uphill, downhill, corners...). 	P	<input type="checkbox"/>
	C.5.8	<ul style="list-style-type: none"> • Cycle at a steady and rapid pace for 10 km. 		<input type="checkbox"/>
	Date:			



RUN 	R.5.1	• Match running technique to running pace.	T	<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.	T/S	<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.	P	<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"/>
Date:				

TRANSITION 	T.5.1	• Remove wetsuit on your own, quickly and efficiently, after swimming event.	T	<input type="checkbox"/>
	T.5.2	• Quickly perform T1+T2 without personal or equipment mistakes and with other participants in the zone.	T/S	<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.	P	<input type="checkbox"/>
	T.5.5	• Run 2.5 km after cycling 10 km.		<input type="checkbox"/>
Date:				


Comments:


Coach-Evaluator:

Club:

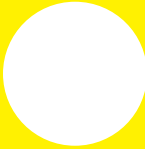
Level completion date:


LEVEL 6

SWIM 	S.6.1	• POOL: Perform standard and effective wall-turns while swimming a minimum of 5 m underwater (flags).	T	<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.	T/S	<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.	P	<input type="checkbox"/>
	S.6.6	• Crawl 50 m in 50 seconds or less.		<input type="checkbox"/>
	Date:			

CYCLE 	C.6.1	• Master cycling with one hand as you negotiate a corner • Right • Left.	T	<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.	T/S	<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.	P	<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"/>
Date:				



RUN 	R.6.1	• Drink water/electrolyte drink while maintaining running pace.	T	<input type="checkbox"/>
	R.6.2	• Perform ABC Skips while skipping.	T	<input type="checkbox"/>
	R.6.3	• Change pace according to participants coming up the rear • Increase speed to stay in the lead.	T/S	<input type="checkbox"/>
	R.6.4	• Run/Walk for 35 minutes on a course that includes several hills.	P	<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"/>
	Date:			

TRANSITION 	T.6.1	• Mount moving bicycle in a group and anticipate optimal resistance.	T	<input type="checkbox"/>
	T.6.2	• Dismount moving bicycle in a group and anticipate optimal resistance.		<input type="checkbox"/>
	T.6.3	• Toe clips/Clipless: Put on shoes while cycling.		<input type="checkbox"/>
	T.6.4	• Toe clips/Clipless: 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.	T/S	<input type="checkbox"/>
	T.6.7	• Transition between 375 m-swim, 10 km-cycle, 2.5 km-run.	P	<input type="checkbox"/>
	Date:			


Comments:


Coach-Evaluator:

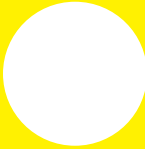
Club:


Level completion date:

LEVEL 7

SWIM 	S.7.1	• Identify visual markings to adequately and calmly find your bearings in open water with or without directional buoys (in harsher conditions: current, waves, seaweed, etc.).	T	<input type="checkbox"/>
	S.7.2	• Crawl 500-750 m in open-water, on a course that includes a water entrance, various buoy turns and a water exit.	T/S	<input type="checkbox"/>
	S.7.3	• Understand swimming performance metrics • Stroke • Time • Respecting intervals.		<input type="checkbox"/>
	S.7.4	• Perform dolphin dives when entering and exiting the water (in a competition, only do so when dolphining is allowed).		<input type="checkbox"/>
	S.7.5	• Crawl 750 m without stopping.	P	<input type="checkbox"/>
	S.7.6	• Crawl 200 m in 3 minutes 20 seconds or less.		<input type="checkbox"/>
	S.7.7	• Crawl 50 m in 40 seconds or less.		<input type="checkbox"/>
	Date:			

CYCLE 	C.7.1	• Learn to • Accelerate • Reaccelerate • Sprint.	T	<input type="checkbox"/>	
	C.7.2	• Pick something up (the size of a water bottle) off the ground while cycling.		<input type="checkbox"/>	
	C.7.3	• Cycle on a course that includes sharp 180° to 360° corners (tilting the bicycle, minimal handlebar rotation).		<input type="checkbox"/>	
	C.7.4	• Manage your supplies (hydration, nutrition) on your own, without under/overdoing it.		<input type="checkbox"/>	
	C.7.5	• Repair/Replace a bicycle tube on your own.	T/S	<input type="checkbox"/>	
	C.7.6	• Put your chain back while cycling.		<input type="checkbox"/>	
	C.7.7	• Safely cycle down a steep hill while keeping your speed in check.		<input type="checkbox"/>	
	C.7.8	• Take pulls (paceline) in a small group on a course that includes corners.		<input type="checkbox"/>	
	C.7.9	• Corner sharp turns with minimal loss of speed • Right • Left.		<input type="checkbox"/>	
	C.7.10	• Cycle 90 minutes on a complex set course (uphill, downhill, corners...).		P	<input type="checkbox"/>
	C.7.11	• Cycle at a steady and rapid pace for 20 km.			<input type="checkbox"/>
Date:					

RUN 	R.7.1	• Manage your supplies (hydration, nutrition) on your own, without under/overdoing it.	T	<input type="checkbox"/>
	R.7.2	• Perform ABC Skips while doing unilateral skips.		<input type="checkbox"/>
	R.7.3	• Manage your intensity to maintain a constant or progressively ascending pace for the whole interval/run, following given instructions (on appropriate competition distance).	T/S	<input type="checkbox"/>
	R.7.4	• Run/Walk for 45 minutes on a course that includes several hills.	P	<input type="checkbox"/>
	R.7.5	• Run 1500 m in 6 minutes 15 seconds (boys)/6 minutes 30 seconds (girls) or less.		<input type="checkbox"/>
	R.7.6	• Run 5 km at a steady and fast pace.		<input type="checkbox"/>
Date: _____				

TRANSITION 	T.7.1	• Toe clips/Clipless: Put on shoes while cycling in a group.	T	<input type="checkbox"/>
	T.7.2	• Toe clips/Clipless: Remove shoes while cycling in a group.		<input type="checkbox"/>
	T.7.3	• Participate in a "Regional Final" or "Québec Cup" event.	P	<input type="checkbox"/>
Date: _____				


Comments:

Coach-Evaluator: _____

Club: _____

Level completion date: _____


PRE-RACE

TRIATHLETE BRONZE 	PR.TB.1	• Prepare and bring your own gear with the help of a responsible adult.	T	<input type="checkbox"/>
	PR.TB.2	• Follow time-management instructions given by coach or responsible adult and leave for pre-race briefing on time.		<input type="checkbox"/>
	PR.TB.3	• Watch a responsible adult inflate tire.		<input type="checkbox"/>
	PR.TB.4	• Organize spot efficiently in transition zone with your coach's help.	T/S	<input type="checkbox"/>
	PR.TB.5	• Find your bearings in the transition zone and analyse upcoming moves with the help of your coach.		<input type="checkbox"/>
	PR.TB.6	• Perform a dynamic warm-up routine tailored to the event with the help of your coach.		P

Coach-Evaluator:

Club:


Date:

TRIATHLETE SILVER 	PR.TS.1	• Independently prepare and bring own gear (checked by a responsible adult).	T	<input type="checkbox"/>
	PR.TS.2	• Manage time and arrive at pre-race briefing on time under the supervision of coach/responsible adult.		<input type="checkbox"/>
	PR.TS.3	• Watch a responsible adult inflate tire OR partly inflate tire on your own.		<input type="checkbox"/>
	PR.TS.4	• Organize transition-zone spot efficiently, checking with your coach.	T/S	<input type="checkbox"/>
	PR.TS.5	• Find your bearings in the transition zone and analyse upcoming moves, checking with your coach.		<input type="checkbox"/>
	PR.TS.6	• Perform a dynamic warm-up routine tailored to the event own your own, under the supervision of your coach.		P

Coach-Evaluator:

Club:

Date:


TRIATHLETE GOLD 	PR.TG.1	• Independently prepare and bring own gear.	T	<input type="checkbox"/>
	PR.TG.2	• Independently manage time and arrive at pre-race briefing on time.		<input type="checkbox"/>
	PR.TG.3	• Partly or fully inflate tire on your own when possible.	T/S	<input type="checkbox"/>
	PR.TG.4	• Organize transition-zone spot efficiently and independently.		<input type="checkbox"/>
	PR.TG.5	• Find your bearings in the transition zone and analyse upcoming moves on your own.		<input type="checkbox"/>
	PR.TG.6	• Perform a dynamic warm-up routine tailored to the event own your own.		P

Coach-Evaluator:

Club:

Date:

RESPONSIBLE TRIATHLETE

RESPONSIBLE TRIATHLÈTE 	RT.1	• The athlete attends all scheduled training sessions and is early or on time.	<input type="checkbox"/>
	RT.2	• The athlete follows instructions given by coach and/or qualified staff and group guidelines. They respect their peers and take proper care of the equipment at their disposal.	<input type="checkbox"/>
	RT.3	• The athlete is respectful towards officials and volunteers during competitions and demonstrates good sportsmanship with competitors.	<input type="checkbox"/>
	RT.4	• Regardless of personal athleticism, the athlete participates during training and activities, and shows positivity and motivation.	<input type="checkbox"/>
	RT.5	• The athlete shows effort, commitment and perseverance in the process of becoming a better athlete.	<input type="checkbox"/>
	RT.6	• The athlete knows safety rules for both training sessions and races (ex: road and running safety regulations).	<input type="checkbox"/>
	RT.7	• The athlete knows the importance of equipment maintenance (tune-ups, cleanings).	<input type="checkbox"/>
	RT.8	• The athlete knows the importance of appropriate clothing and gear for all weather conditions.	<input type="checkbox"/>
	RT.9	• The athlete applies basic principles learned on different subjects (nutrition: before/during/ after training sessions & competitions, doping, etc.)	<input type="checkbox"/>
	RT.10	• The athlete is able to fix some equipment failures (ex: flat) or, at the very least, always has a repair kit with them.	<input type="checkbox"/>
	RT.11	• The athlete understands the importance of pre-race mental training (focus, visualization, positivity, stress management, etc.).	<input type="checkbox"/>

Coach-Evaluator:

Club:

Date:

Comments:

Coach-Evaluator:

Club:

Level completion date:

YOUTH REGULATIONS

Participants and volunteers must exercise sportsmanship and courtesy at all times.



SWIMMING

- Swimming can occur in open water, indoor or outdoor pools.
- Participants may use a buoyant object (PFD, arm floats, pool noodles or board) for school events for Youth levels 1-2-3.
- Propulsion aids, such as swimfins, are prohibited.
- Aids can be in the water (person to hold on to, kickboards, boats) as long as the participant doesn't use them as propulsion aids.
- **Clothing:**
 - Wearing a swimsuit, tri-suit or other regulation aquatic garment is mandatory.
 - Wearing the provided swim cap is mandatory, unless stated otherwise by the organizing committee.
 - Wearing goggles is not mandatory, but highly recommended.
 - To learn more about wetsuit regulations, visit Triathlon Québec's website.

CYCLING

- For non-drafting races, all types of human-powered bicycles are allowed. The bicycle must be safe and in working order.
- Tires must be inflated to recommended pressure.
- The bicycle must have working brakes for each wheel.
- Disc brakes are allowed.
- Clip-on aerobars (or tri-bars) are prohibited.
- **Pedals:**
 - Platform pedals are allowed for all.
 - Cage pedals with straps are prohibited. Strapless cage pedals are allowed.
 - All types of (road and mountain) clips are allowed for U13 and U15 categories.
 - For athletes level U11 and lower: Only pedals with clips/cleats attached to the shoe are allowed. Shoe soles/ Sole adapters must always be in direct contact with the ground.
- **Clothing:**
 - Wearing a certified biking helmet is mandatory. Helmet must be in good condition and should not be broken or cracked. Helmet must be clipped before touching bicycle.
 - All type of clothing is allowed as long as it covers the torso (t-shirt, tank top, etc.)
 - Properly tied biking shoes/sports footwear that provide good foot support (athletic, non-flattened soles).

• Other:

- For safety reasons, it is highly recommended to remove bicycle stands.
- Drafting is prohibited during races, except for the Youth Québec Cup that allows U13-U15 categories to draft. Detailed drafting rules are available on Triathlon Québec's website.

RUNNING

- For the running event, bibs must be worn on the front of the body. For the Youth Québec Cup only: Running bibs are not mandatory for athletes who have their name printed on the front and back of their shirt.
- Headphones are prohibited on the course.
- **Clothing:**
 - All type of clothing is allowed as long as it covers the torso (t-shirt, tank top, etc.)
 - Properly tied biking shoes/sports footwear that provide good foot support (athletic, non-flattened soles).



TRANSITION ZONE

- Only participants are allowed in the zone. Participants must check-in and retrieve their bib to gain access and set up their gear. A parent can be authorized to enter the zone for athletes participating in school events or for those in the Youth 1-2-3 categories, unless stated otherwise by the organizing committee.
- Cycling is prohibited in the zone. Bicycles can only be mounted after the mount line and dismounted after the dismount line. Bicycles must be pushed the rest of the time.
- Helmets must be clipped on at all times when moving the bicycle. Helmets can only be unclipped and removed after bicycles have been stored in the participant's assigned spot.
- Only the equipment used during the race can be left in the transition zone.

PENALTIES

- There are NO PENALTIES for athletes participating in school and Youth 1-2-3-4 events. The goal is to teach young athletes the rules so they can enjoy a positive experience, have fun, and want to move!
- For categories U13 and U15: 1-minute penalties for drafting and 10-second penalties for other infractions can be given. Unless stated otherwise, this penalty time will be added to the athlete's total time.



OUTSIDE HELP



- Outside help is authorized by the organizing committee's volunteers and designated officials for athletes participating in school events or for those in the Youth 1-2-3 categories.
- For athletes participating in the Youth 4-U13-U15 categories, outside help may lead to disqualification.

MARKING



- The athlete receives markings before entering the transition zone. Their race number is written in black marker on the outside of each arm and leg in order to be visible. The athlete's distance is also written on the back of their left calf (Y-1, Y-2, Y-3, Y-4, U13 or U15).

PRIZES AND MEDALS



- In order to encourage participation and to create a sense of achievement, no podiums are allowed for the Youth 1-2-3-4 races. However, a participation prize may be awarded to all (ex.: a ribbon, medal, etc.)



Headphones are prohibited at all times on the race course

For more details, visit Triathlon Québec's Youth Regulations page.

DISTANCES

YOUTH	SWIMMING	CYCLING	RUNNING
Youth 1 (U5 & U7 – 4 to 7 Y/O)	25 m	1 km	250 m
Youth 2 (U7 & U9 – 6 to 9 Y/O)	50 m	1.5 km	500 m
Youth 3 (U9 & U11 – 8 to 11 Y/O)	100 m	3 km	1 km
Youth 4 (U11 & U13 – 10 to 13 Y/O)	200 m	5 km	1.5 km
U13 (12-13 Y/O)	375 m	10 km	2.5 km
U15 (14-15 Y/O)	375 m	10 km	2.5 km

TRIATHLON GEAR



SWIMMING CAP



SWIMMING
GOGGLES



TRIATHLON
BIB



WETSUIT



BICYCLE



HELMET



CYCLING
SHOES



ELASTIC
LACES



BIB BELT



BIB



RUNNING
SHOES

DON'T FORGET
TO BRING THE FOLLOWING
GEAR FOR YOUR BIKE
TRAINING SESSIONS:



INNER TUBE OR
CO₂ CARTRIDGE



BIKE
PUMP



TIRE
CHANGER



WATER
BOTTLE

SWIMMING BETTER

HEAD:

Look down. Only one eye looks to the side when breathing.

ARMS:

Use hand and forearm as support, bend elbow 90°. During recovery, stay relaxed and let yourself slide for a short period. Maintain constant and fluid strokes (without stopping).

BODY:

Stay horizontal and lengthen your body as much as possible. Let the shoulders and hips roll from side to side for strokes and breathing.

To see an example of the proper crawl technique, watch:
Animated Freestyle Swimming Visualisation - Mr Smooth
<https://www.youtube.com/watch?v=lyR7JYllk9U>

LEGS:

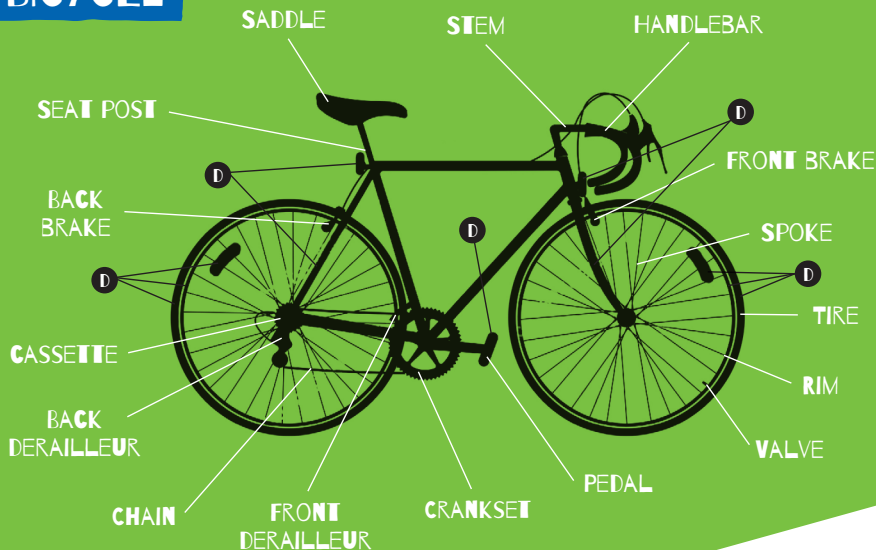
Keep flexible ankles and relaxed legs. Kick from the hips. Maintain constant and fluid propulsion (without stopping).

COORDINATION, RHYTHM & SPEED:

Coordinate breathing with body rotation. Breathe every 2-3 strokes.



BICYCLE



CYCLING SAFETY

BEFORE SETTING OUT

- A** Check the tire pressure to make sure it corresponds to the manufacturer's recommendations.
- B** Check that the chain does not slip (chain too stretched out, worn teeth on a gear sprocket).
- C** Check the brakes (adjustment, rusty cables, broken wires).
- D** Check the mandatory visibility equipment (see image above).

HERE ARE OTHER MAINTENANCE PROCEDURES TO PERFORM:

BICYCLE:

- Clean components as needed.
- Adjust to height (to be performed regularly during growth years).

WHEELS:

- Make sure the quick-release wheel is secured.

DERAILLEURS AND CHAIN:

- Clean and oil chain as needed.
- Make sure there is no friction.

STANDARD SIGNALS CODE

(SHOWN FROM BEHIND)



LEFT TURN



RIGHT TURN



PREPARING TO STOP

SIGNALS FOR GROUP RIDES

Pothole/Bump/Other	Point out the obstacle with the index finger.
Gravel/Sand/Other	Point out the obstacle, palm down; slightly wave your hand.
Train tracks	Place one hand behind back; make a V shape with index and middle fingers.
Speedbumps	Extend arm to the side and trace the shape of the speedbump with the hand.
Take pulls	Elbow at 90°, use index finger to point to the sky; draw small circles with the hand.
Drink	Take the bottle; extend arm to the side to show the bottle.
Narrowing lanes	Place one hand behind back; make sweeping motion with hand.
Follow/Continue. Stop-less intersection or road division	Draw large circles forward with the arm.



IN ADDITION TO HAND SIGNALS, **VOICE SIGNALS** ARE HIGHLY RECOMMENDED TO ANNOUNCE MANEUVERES AND OBSTACLES.

HELMET

The helmet is part of your bicycle gear. If you fall, it will absorb the shock and the force of the impact will be spread over a larger surface. To be well protected, helmets must be worn and clipped at all times, even for short distances.

ADJUSTMENTS

- 1 **Forehead:** one finger between the eyebrows and helmet.
- 2 **Ears:** straps should meet in a V shape just below the ears.
- 3 **Chin:** one finger between the strap and chin.



Image: OTM – *Young Cyclist's Guide*

- 4 It should remain in position and not slide forward or back.
- 5 When adjusted, it should be comfortable and not too tight.



Image and content: SAAQ – *Safe Cycling Guide 9th Edition*

Helmets that meet performance and safety standards must be certified by one of the following organizations:

CSA, CPSC, ASTM, CEN or **SNELL**

A sticker/label should appear on the inside of the helmet or on the packaging.
An expiration date should appear on the sticker/label.

RUNNING BETTER

SHOULDERS:

Relaxed and down.

ARMS:

The rhythm of the arms dictates that of the legs. Elbows bent at 90°.

COMMON ERROR: !

The arms cross the center line of the body.

SOLUTION

Roll shoulders back.

COMMON ERROR: !

Running in a sitting position.

SOLUTION

Raise knees higher.

LEGS:

Raised knees and heels



HEAD:

Stable, eyes forward. Head, neck and spine should be aligned.

HANDS:

Slightly toned. Thumbs up. No tension in the wrists.

FEET:

Fluid motion that resembles "scratching the ground under the body". High step frequency. Quietly set foot down under the hips.

COMMON ERROR: !

The heel hits the ground (braking position).

SOLUTION

Lengthen posture when running

THE 4TH DISCIPLINE OF TRIATHLON: NUTRITION

FUEL

CARBOHYDRATES (SUGAR)

To fuel your body. We prefer natural sources (fruits, cereals, dairy). Watch out for ultra-processed foods (cakes, cookies, chocolate, candy).

PROTEINS

Are used to repair muscle fibres, especially after training. They are naturally found in meat and alternatives, nuts, seeds, and dairy. To be eaten at every meal, especially after exercising, with carbohydrates. For example: Greek yogurt with fruit.

LIPIDS (FATS)

Play a key role in transporting essential vitamins and minerals, help modulate your body's temperature and immune system, and synthesize hormones. They can also help you keep your energy up, especially for long events. They should be eaten during meals and after training. Being slower to digest, fat should be avoided right before exercise.

THE BASICS

EVERY MEAL SHOULD BE HEALTHY (VEGETABLES – SOURCE OF CEREAL PRODUCTS – SOURCE OF PROTEIN)



Carrot, lettuce, broccoli, cauliflower, bell pepper, zucchini, tomato, raw vegetables, etc., rice, pita bread, sliced bread, pasta, potato, couscous, quinoa, egg, tuna, tofu, legumes, cheese, meat.

BEFORE TRAINING

• Regular meal. Variety of foods. Source of protein + **CARBOHYDRATES**

3 HOURS BEFORE

- Drink lots of water.
- Avoid hearty desserts and large servings.

2 HOURS BEFORE

- Opt for easy-to-digest carbs.
- Small serving.
- Few lipids, less fibre.

1 HOURS BEFORE

- Drink lots of water.
- Mostly known, almost liquid carbohydrates.
- Avoid fatty and protein-rich foods.
- Drink every 15 minutes until start of physical effort.
- Small servings.

UPGRADE PERFORMANCE

<1H Water only

>1H 30g carbohydrates/heure



Add electrolytes if there is heavy heat



EXAMPLES:

30G CARBOHYDRATES:

1 BANANA

1 GEL

500ML GATORADE

4 DRIED APRICOTS

1 RICE CAKE

1 FRUIT2 BAR

RECOVER WITH FOOD

3 SERVINGS OF CARBOHYDRATES

1 SERVING OF PROTEIN

EXAMPLES:

1 cup of chocolate milk

Small egg wrap + fruit

Greek yogurt + granola + fruit

Silky tofu and frozen fruit smoothie

Homemade chocolate muffin

+125 ml of soy milk

1 cup of macaroni salad with vegetables + cheese

Ideally **MAX 30 MINUTES**

AFTER EXERCISE

to better recover.

✓ **YES**

Fruit juices, gels, energy balls, dried fruit, energy chews, applesauce.

✗ **NO**

Nuts, chocolate bars, high-protein bars, pastries, fried foods.

HYDRATING

Don't wait to be thirsty to drink.

A few sips every 15 minutes.

At least 1 jug per hour.

TRUC ? The colour of your urine should be very pale.

Add electrolytes during heatwaves.



AVOID DIGESTIVE DISCOMFORT

DID YOU KNOW? When you exercise, stored energy is used to feed your muscles. In other words, our blood mainly flows to our muscles instead of our intestines. Digestion is a process that also requires energy. When exercising, the body pauses digestion to save energy. The more hard-to-digest foods (fat, fibres, protein) you eat before exercising, the more you risk having digestive discomfort (bloating, gas, cramps).

TIP !

Always test products during training sessions to make sure you digest them well.

MY PARTICIPATIONS

DATE	EVENTS	RESULTS



DATE	EVENTS	RESULTS



DATE	EVENTS	RESULTS



ACKNOWLEDGEMENTS

PARTNERS AND REFERENCES

Ontario Ministry of Transportation, *Young Cyclist's Guide* (online) <http://www.mto.gov.on.ca/french/safety/pdfs/young-cyclist-guide.pdf> (Consulted on January 14, 2019).

Quebec Student Sports Federation, *Guide d'initiation au triathlon, 2019* (Consulted on May 13, 2019).

Société de l'Assurance Automobile du Québec, *Safe Cycling Guide 9th Edition* (online). <https://saaq.gouv.qc.ca/fileadmin/documents/publications/safe-cycling-guide.pdf> (Consulted on May 1, 2019).

Société de l'Assurance Automobile du Québec, *En vélo: Une tête, un casque.* (En ligne) <https://saaq.gouv.qc.ca/securite-routiere/moyens-deplacement/velo/une-tete-un-casque/> (French only) (Consulted on May 1, 2019).

Canadian Red Cross, *Canadian Red Cross Swimming, Instructor worksheet,* (Consulted on October 1, 2019).

Catherine Trudel-Guy, *Nutritionist.*

Guillaume Edger, *Graphic Designer.*

Magenta Baribeau, *Translator.*

Donors: *Stéphanie Jacques, Jean Samson, Marie-Eve Sullivan, Patrice Brunet, Eric Dupuis, Tim Halliday, Lucie Roy, Charles Veilleux, Mona Joseph, Doctor Juan Castro.*





TRIATHLON
QUÉBEC

7665 Lacordaire Boulevard
Montreal, Quebec H1S 2A7

Phone: 514-252-3121
@: info@triathlonquebec.org