

Phasing in Triathlon

Dr Malcolm Brown MBE

Dr Malcolm Brown BEd BA MA

Director of Sport:

Edinburgh University

Queens University

Ulster University

Leeds Metropolitan University

UK Athletics Coach (Endurance) 1990 – 2000

Leeds Triathlon Centre Coach 2004 – 2013

British Triathlon Coach 2006 – 2013

British Triathlon

Olympic Team Leader 2010 – 2012

World Triathlon Championships Results

Medals 2009 - 2013

UK (21) [Leeds 14]

Australia (11)

Germany (11)

Spain (11)

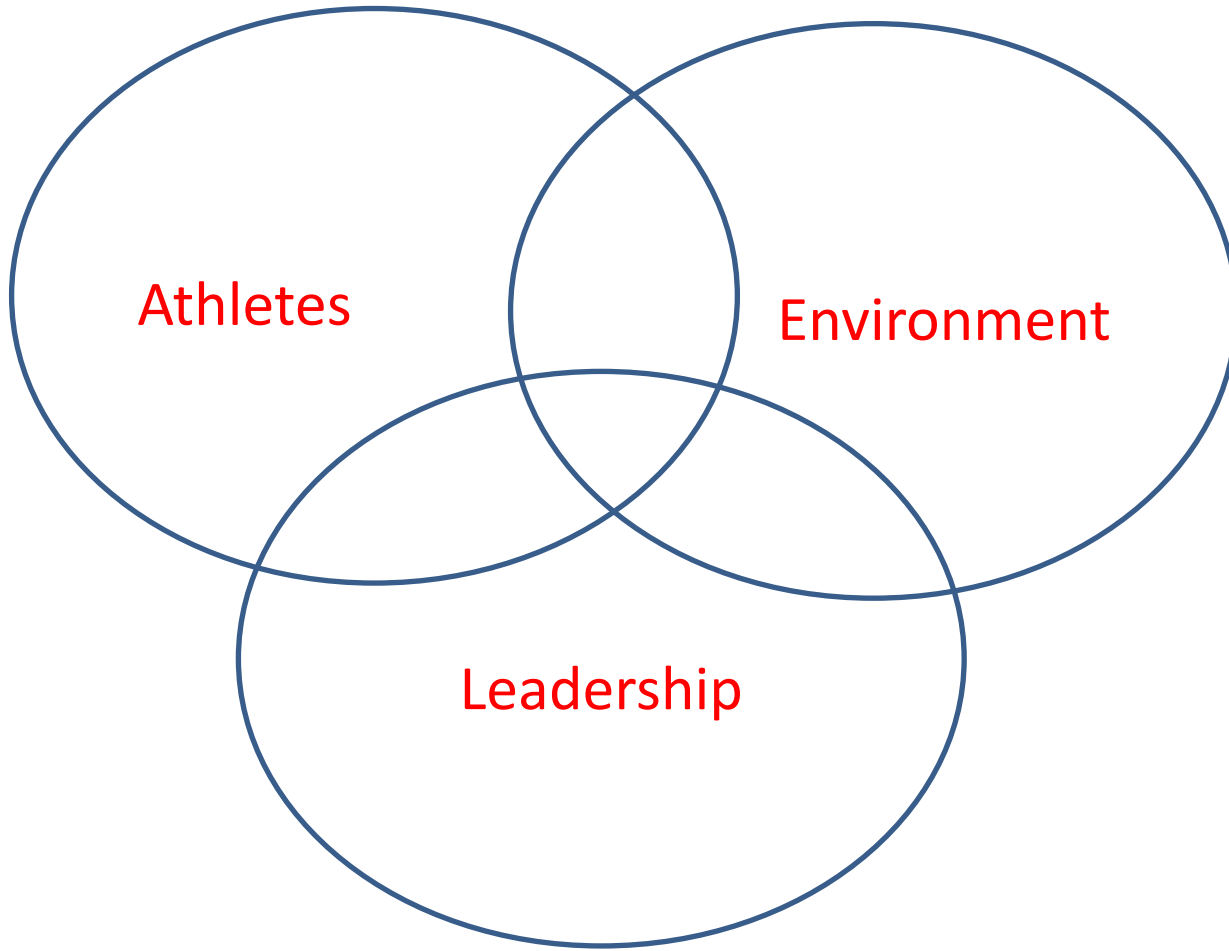
USA (6)

France (6)

Canada (6)

Triathlon Training Centres

	<u>San Diego (USA)</u>	<u>Leeds (UK)</u>
History	yes	no
Climate	yes	no
Interest	yes	no
Population	yes	no
Sponsorship	yes	no
World Champs		
Medals	6 (USA)	14 (21 UK)



Athletes

Environment

Leadership





Alistair Brownlee (age 24)

Olympic Champion 2012

World Champion 2011 and 2009

World U23 Champion 2008

World Junior Champion 2006

European Champion 2011 and 2010



Jonny Brownlee (age 23)

Olympic Bronze Medal 2012

World Champion 2012

World Sprint Champion 2011 and 2010

World U23 Champion 2010

World Junior Bronze 2008



Non Stanford (age 24)

World Champion 2013

World U23 Champion 2012



Tom Bishop (age 23)

World U23 Bronze Medals 2012 and 2011

World Junior Silver Medal 2010



David McNamee (age 25)

World U23 Silver Medal 2011

Leadership and Coaching

Jack Maitland

Malcolm Brown

- Experienced coaches and former athletes (know the business)
- Fundamental principles and values
- Little ego
- Empower athletes by encouraging decision making and autonomy

Leadership and Coaching

Jack Maitland

Malcolm Brown

- Education has priority in formative years
- Curiosity
- Cross sports experience: best practice knowledge
- Open inclusive philosophy
- Settled in Leeds: in it for the long haul

Training Environment: Structure

- Built over years (2004 – 2012)
- Low tech – Low cost
- Coach/Physiotherapist (2004 – 2006)
- Conditioning specialist (2007)
- Nutritionist (2008)
- Physiotherapist (2008)

Training Environment: Culture

- “earn” additional services/competitions/trips
- No culture of entitlement
- Group is vital
- Fun is important
- Learn from older athletes
- Leeds – cold, wet, hilly

Training Environment: Culture

- Grass is not greener elsewhere
- “Fast track” strategy from Junior to Senior
 - Establish sound biomechanics and skills
 - Increase training loads between ages 18-21 to world class threshold

Building the Core team: Strategic and Operational (2006 – 2012)

CRITERIA:

1. World class expertise or very close
2. Open, honest, trustworthy, discreet, loyal
3. No job too small inside or outside specialism
4. Ability to work across disciplines
5. Work beyond contract
6. Long term commitment

Alistair Brownlee

- 8 year plan age 16-24
- Clear vision and technical model
- Clear view of training methods
- Assess the athlete
- Assess the event requirements
- Clarify priorities at different ages and stages

Alistair Brownlee

Vision and Technical Model

- To run 10k in 28 minutes
 - 800m in 1:56:00
 - 200m in 26:0

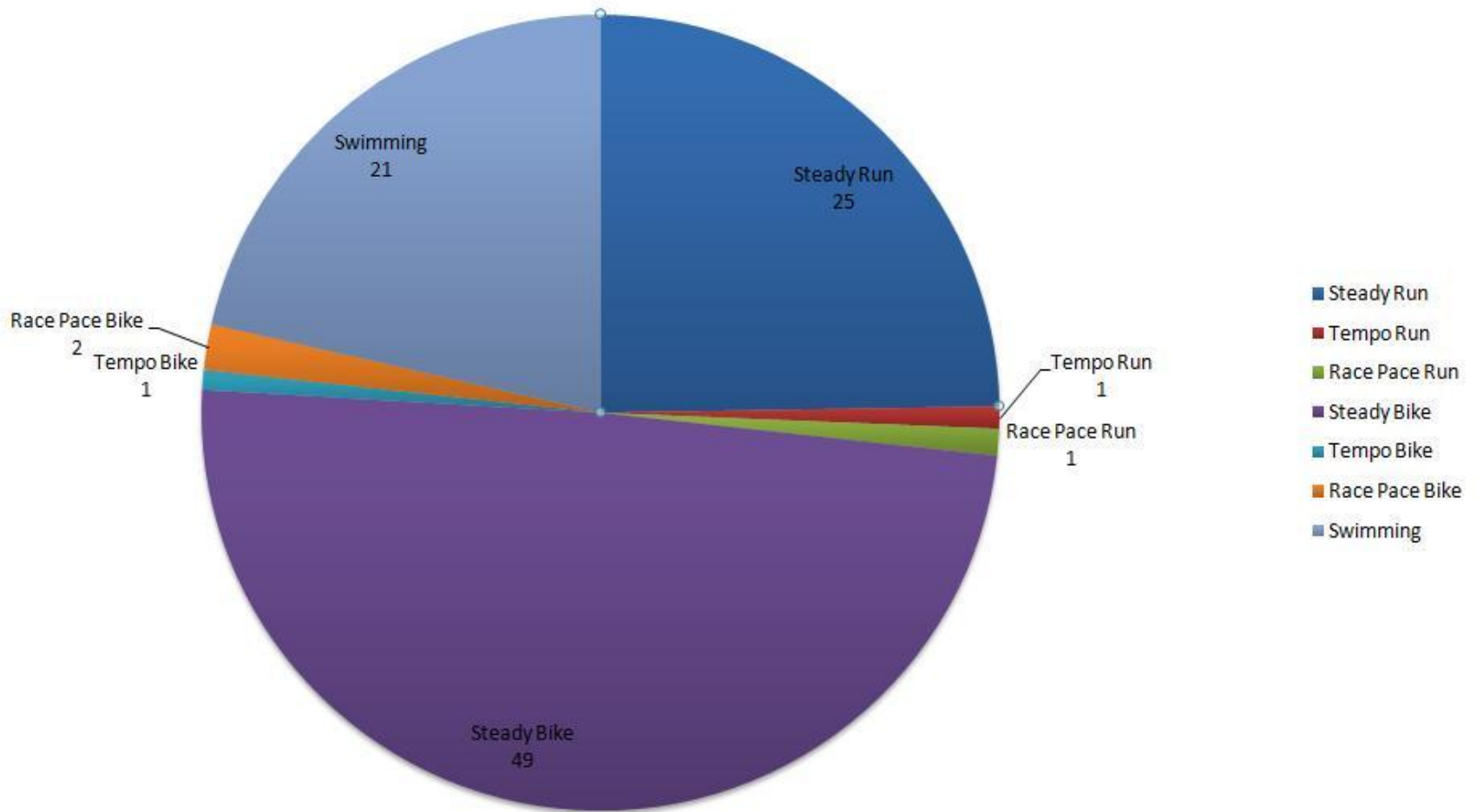
Technical Model

- Posture
- Foot strike
- Rotations
- Hamstrings and Quads
- Drive
- Sprints versus endurance

Progression

<u>Year</u>	<u>Age</u>	<u>Performance (T)</u>	<u>Race</u>
2005	17	34:12	
2006	18	33:27	
2007	19	33:04	
2008	20	31:30	
2009	21	29:04	29:35
2010	22	30:00	
2011	23	29:50	29:15
2012	24	29:07	
2013	25		28:32

Percentage Distribution of Training



Alistair Brownlee

Typical training week Feb 2012

steady/aerobic

tempo/hard/interval

S&C/physio

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
80 min steady run 120bpm	Easy Swim	Easy swim	Fast swim	Easy swim	Run session 30 mins hard 160bpm	4 hrs easy bike
Drills S&C	40 min easy run	75 min easy run	60 min easy run	S&C	3.5 hrs easy bike	1hr 40 easy run
Hard Swim	1 hr easy bike	3.5 hr bike	2 hr easy bike 20 min efforts within this	60 min easy run	30 min easy run	
2 hr easy bike	Track 15 mins hard 170bpm			60 min easy bike		

Training Zones Running

<u>Zone</u>	<u>Race Pace</u>	<u>mins/secs per km</u>
1	< marathon (42k)	4:20 – 4:30
2	> marathon (42k)	3:30 – 4:00
3	21 – 30k	4:20 – 4:30
4	12 – 15k	2:55 – 3:00
5	5 – 10k	2:40 – 2:50
6	3 – 5k	2:35 – 2:40
7	800m – 1500m	2:30 – 2:32
8	200m – 600m	0:30 – 1:30

General Preparation

Aerobic

Anaerobic

Speed (alactic anaerobic)

Drills

Strength and Conditioning

Technique

Altitude Tent

Specific Preparation

Aerobic

Anaerobic

Speed

Technique

Recovery

Drills

Strength and Conditioning

Race Preparation

Tempo Runs

Altitude Training Camp (St Moritz)

Lessons Learnt

1. Volume of Training

(i) 3 Sports (a) Swim

(b) Run

(c) Cycle

(ii) Cross Training: Bike - Run

Run - Bike

Swim

Lessons Learnt

2. Frequency of Training (sessions per week)

Triathlete

$$7 \times 3 = 21$$

excluding strength and conditioning,
technique, physio and massage

Athlete

$$7 \times 2 = 14$$

Lessons Learnt

3. Content of Training

Aerobic 98% Aerobic 2%

4. Complexity of Training