

2018 COACHED ATHLETE CHECKLIST

PRELIMINARIES	DATE RECV	NOTES
Rate your current triathlon ability level		Beginner, Intermediate, Advanced-over 12 TRIs
Choose coached training program		Bronze, Silver, Gold, Platinum (don't forget Partner add-on option)
TeamWorks Registration form signed and initials (online or PDF)		Includes physician release to train
Race list & Performance goal sheet (include training goals)		Form, mechanics issues, strength, increase LTHR?
List previous training-swim-bike-run/ health issues / injuries		
List training equipment pertaining to triathlon, swim, bike, run		GPS, HR monitor, power meter, bike, wetsuit?
List current PR's RUN & TRIATHLON		5K – Marathon; Sprint Tri – Ironman
Basic Week Worksheet		Daily training planning-include regular classes etc.
Signed Model Release		For photos on facebook, website, etc.
Connect on Training peaks (Create TP Basic Account)		Go to Coaches under settings; enter my email
FIRST 1-3 WEEKS OF TRAINING		
Join GroupMe group text for all club training & event updates		https://groupme.com/join_group/
First Timer Guide and other beginner resources		*as needed
Create ATP (annual training plan) in Training Peaks		*according to race list/priority and current fitness
Performance Evaluation / Skills Assessment		Swim mechanics, Bike handling skill, running form
Form Clinic / Camp recommendation		
Sweat testing (reveals sodium loss-hydration needs)		Email spreadsheet
LTHR Testing (Cycling, Running)		LTHR = Lactate Threshold Heart Rate
T-Pace Testing (Swim)		T-Pace = Threshold pace