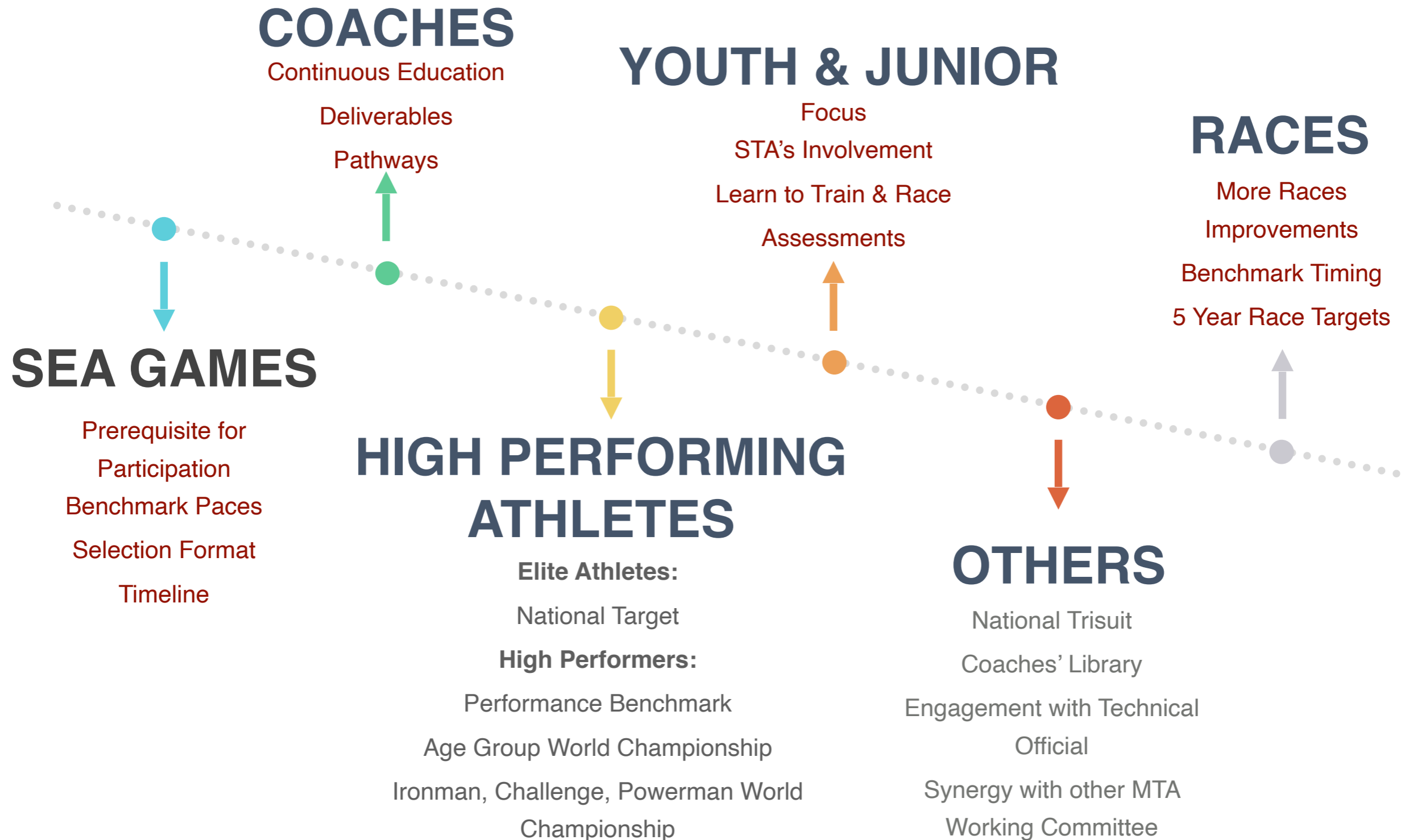


AGENDA #1: COACHING COMMITTEE

MALAYSIA TRIATHLON ASSOCIATION

1





COACHES EDUCATION

2

COACHES DEVELOPMENT

1

MONTHLY EDUCATION ORGANISED BY MTA

MTA to collaborate with single sport, strength coaches and sports science specialists to deliver one session per month. All courses will be conducted online.

2

COACHING & SPORT SCIENCE COURSES BY ISN

Opportunity for coaches in all states to attend physical courses that include some practical assessments

3

TRIATHLON & SPORTS SCIENCE COACHING BY WT

Coaches to be selected must have coached youth or junior for at least a year and have one of the above certification

4

LIBRARY OF KNOWLEDGE

To mimic the World Triathlon effort to raise the knowledge level of all coaches very quickly

MALAYSIA TRIATHLON

COACHES PATHWAY

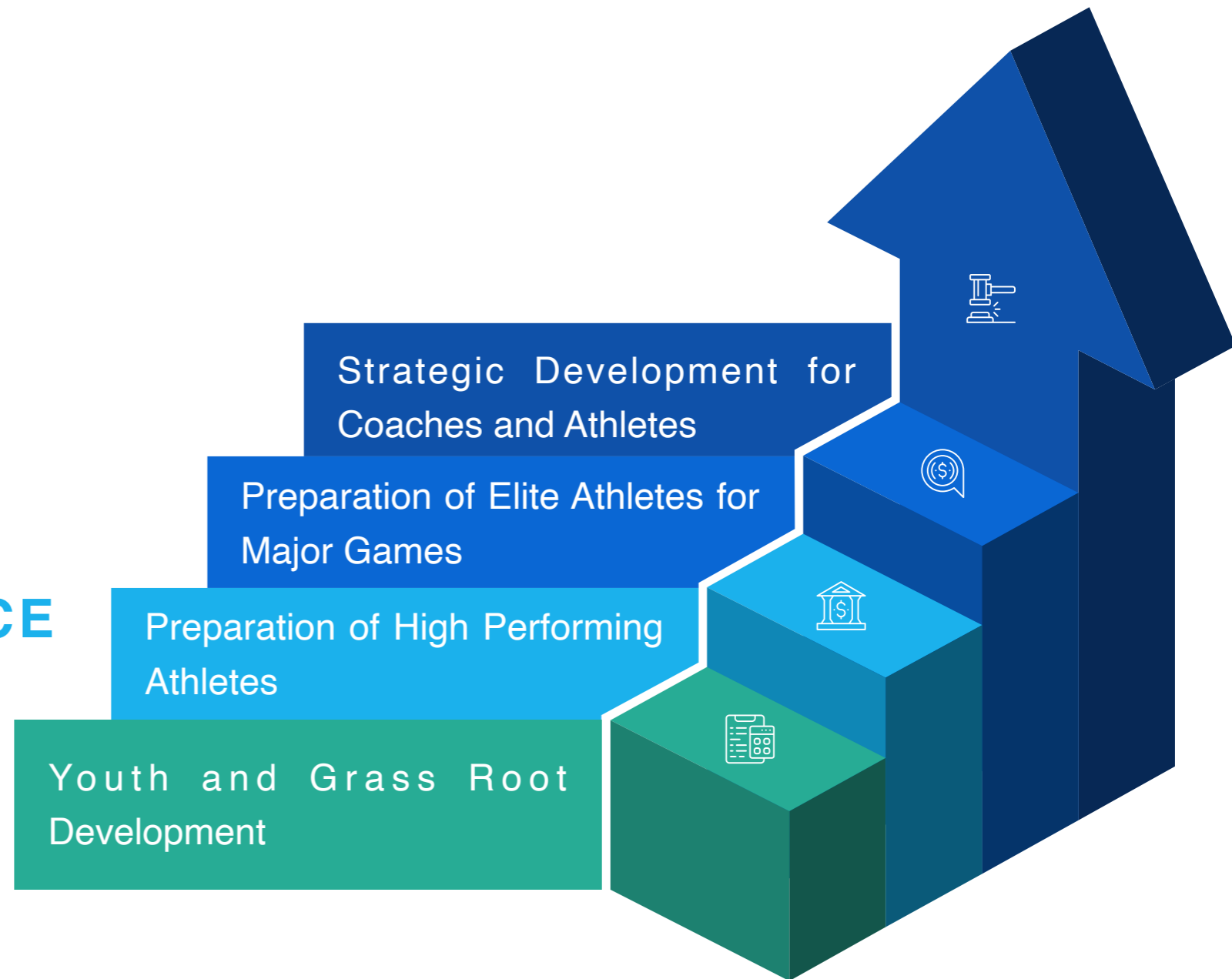
3

COACH DIRECTOR

NATIONAL COACH

**HIGH PERFORMANCE
COACH**

STATE COACH



MALAYSIA TRIATHLON

COACHES PATHWAY

01

ASSISTANT STATE COACH

Up to Individual State

02

HIGH PERFORMANCE TEAM (HPT) MANAGER

To coordinate publicity, sponsorship, logistics and manage the welfare of the athletes

03

SPORTS OR S&C COACH

To specialise in swim, bike, run or strength and conditioning and work hand and in hand with the State Coach or High Performance Coach

04

NATIONAL TEAM MANAGER

To work with CDM, MSN, ISN and OCM, and coordinate the logistics and media for the team

05

ASSISTANT NATIONAL COACH

To assist the National Team when there more than 4 events

06

SPORT SCIENCE SPECIALIST

To provide sport science support for the High Performance and National Team in the field of Psychology, Physiotherapy, Sports Massage, Sports Medicine

ASIA & WORLD TRIATHLON

COACHES PATHWAY

5



TRIATHLON COACH

01

Develop athletes to race at AT races. Focus on race tactics and strategies.

MENTOR COACH

02

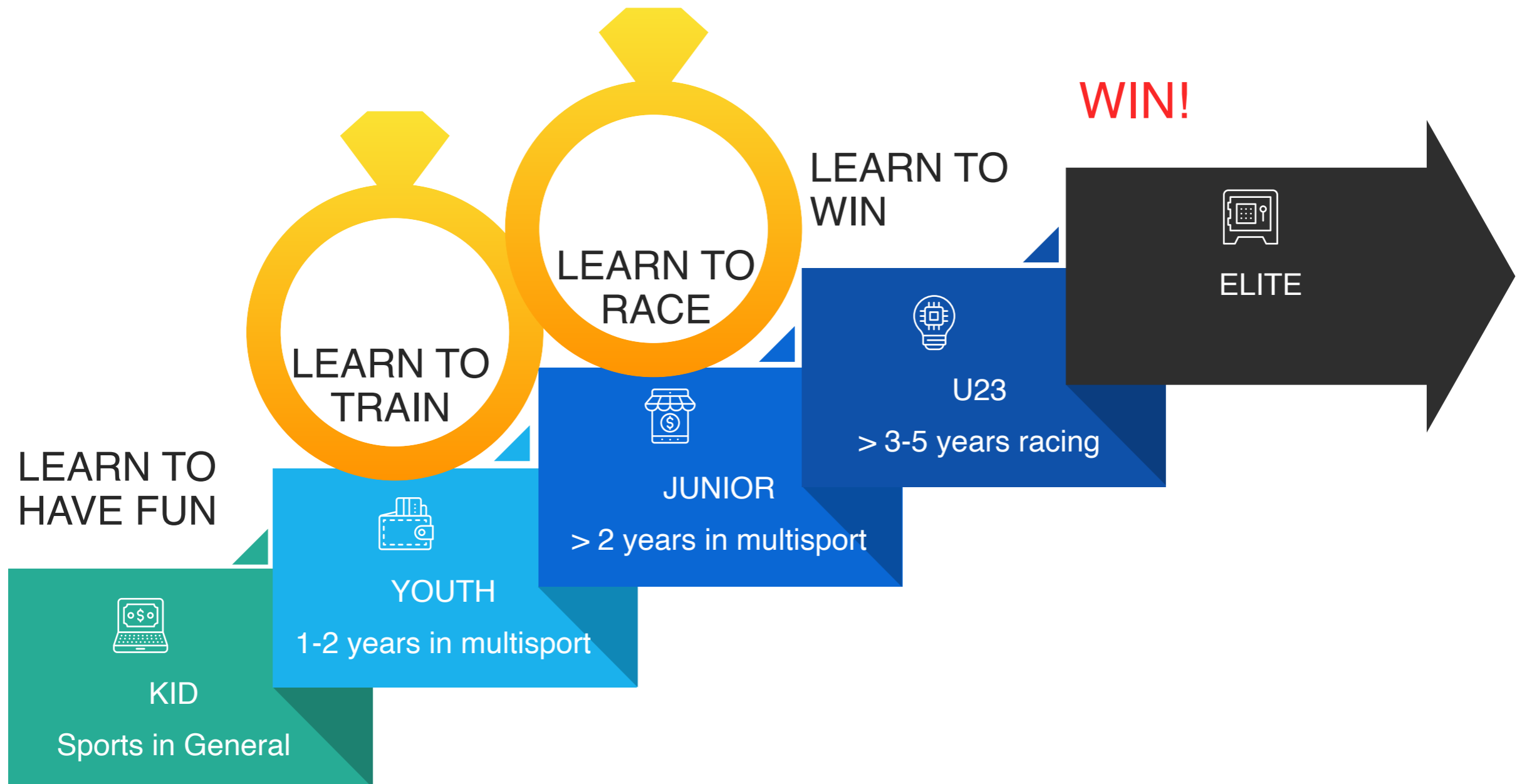
Help coaches with all aspects of life.

FACILITATOR

03

Train coaches with technical aspect of triathlon coaching

LONG TERM ATHLETE DEVELOPMENT



LEARN TO TRAIN

YOUTH DEVELOPMENT

7

CHARACTER

Disciplined & On Time
Willing to Learn
Tenacity to Create Good Habit

Social Skills & Communication
Independent
Team Player

SPORTS SCIENCE

What To Eat
Why Sleep Is Important
Visualisation

Basic Knowledge of The Body
Familiar with Technical Terms
Methods of Recovery

TRAINING

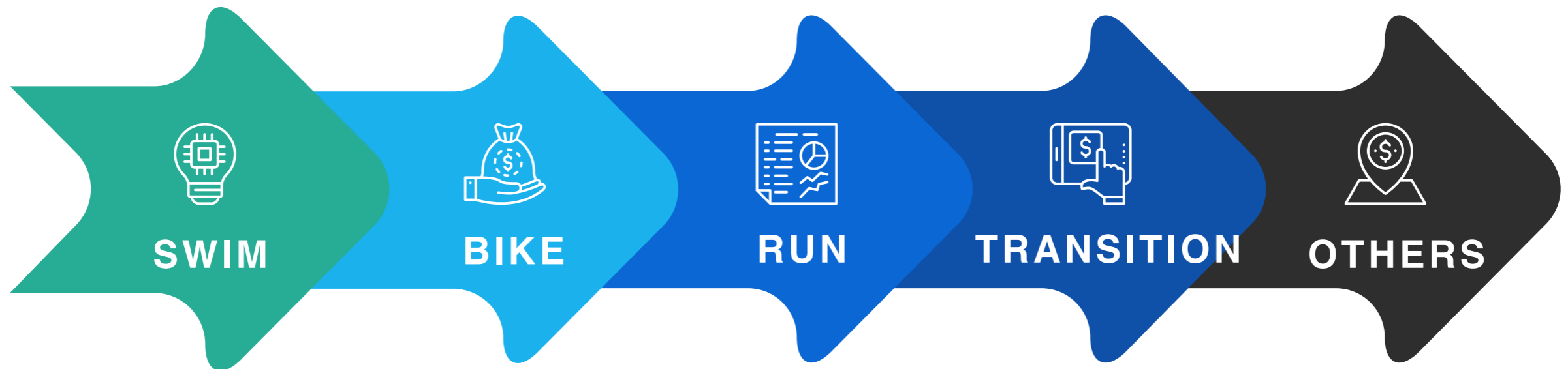
Purpose of the Session
Basic Warm Up, Warm Down,
Stretching

Skill Mastery
Intensity and Duration of Training
Race Rules

LEARN TO RACE

JUNIOR DEVELOPMENT

8



1. Swim Start
2. First Bouy
3. Swim Exit

1. Drafting
2. Breakaway
3. Working Together
4. Bike Skills

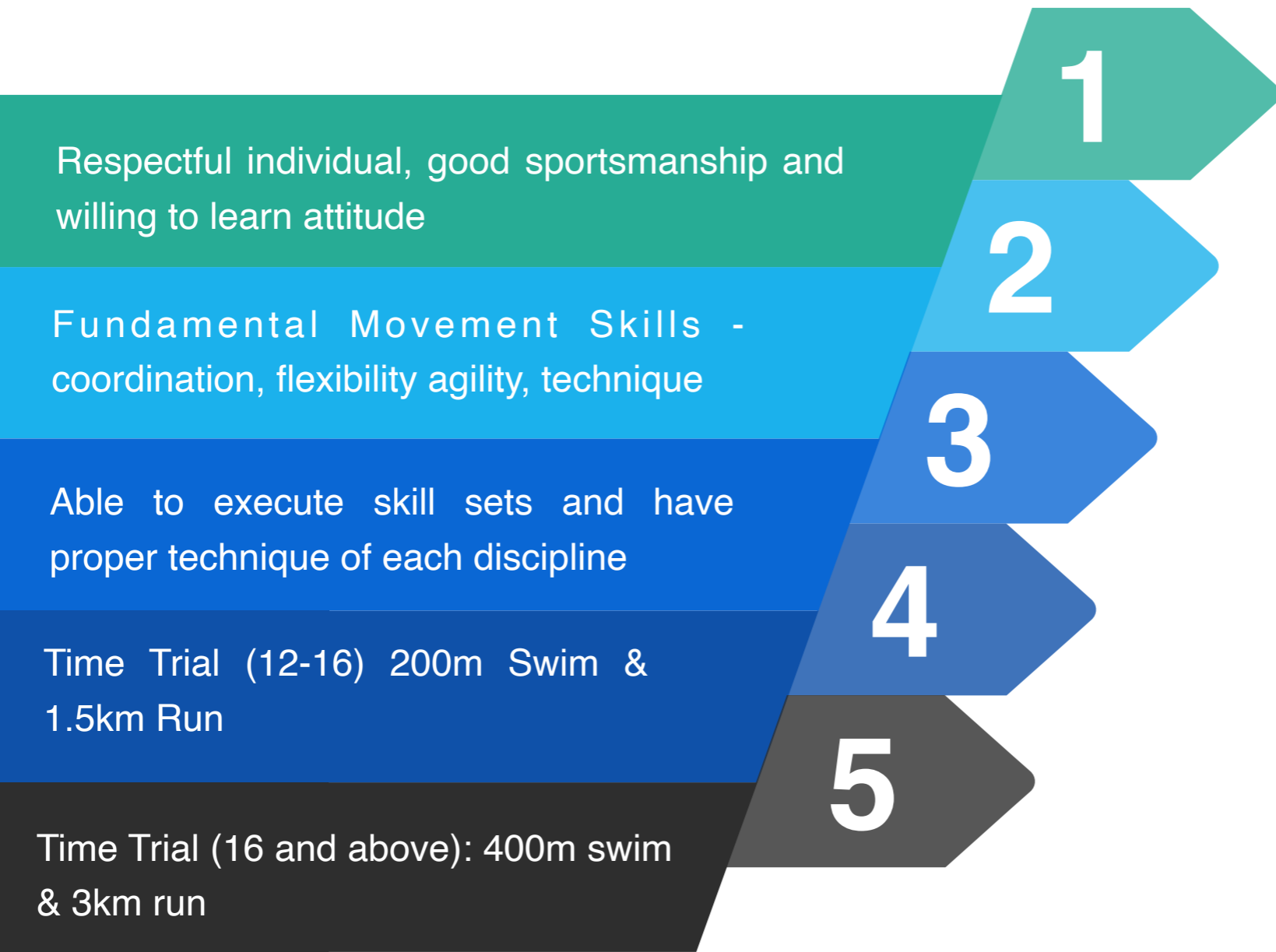
1. Pacing
2. Acceleration
3. Finishing

1. Wetsuit
2. Mounting
3. Dismounting
4. Helmet
5. Bike Shoes
6. Run Shoes

1. Nutrition
2. Mental preparation
3. Recovery
4. Rules & Regulation

ASSESSMENTS

Youth & Junior Development

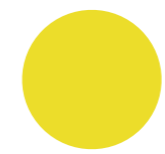


ASSESSMENTS



Robustness Test

As prescribed by World Triathlon to be performed quarterly



Specific Skills

Pass all the specific Skill Sets as per World Triathlon Racing Requirement



Time Trial

To be performed every 2 months and use the British Matrix system for point system

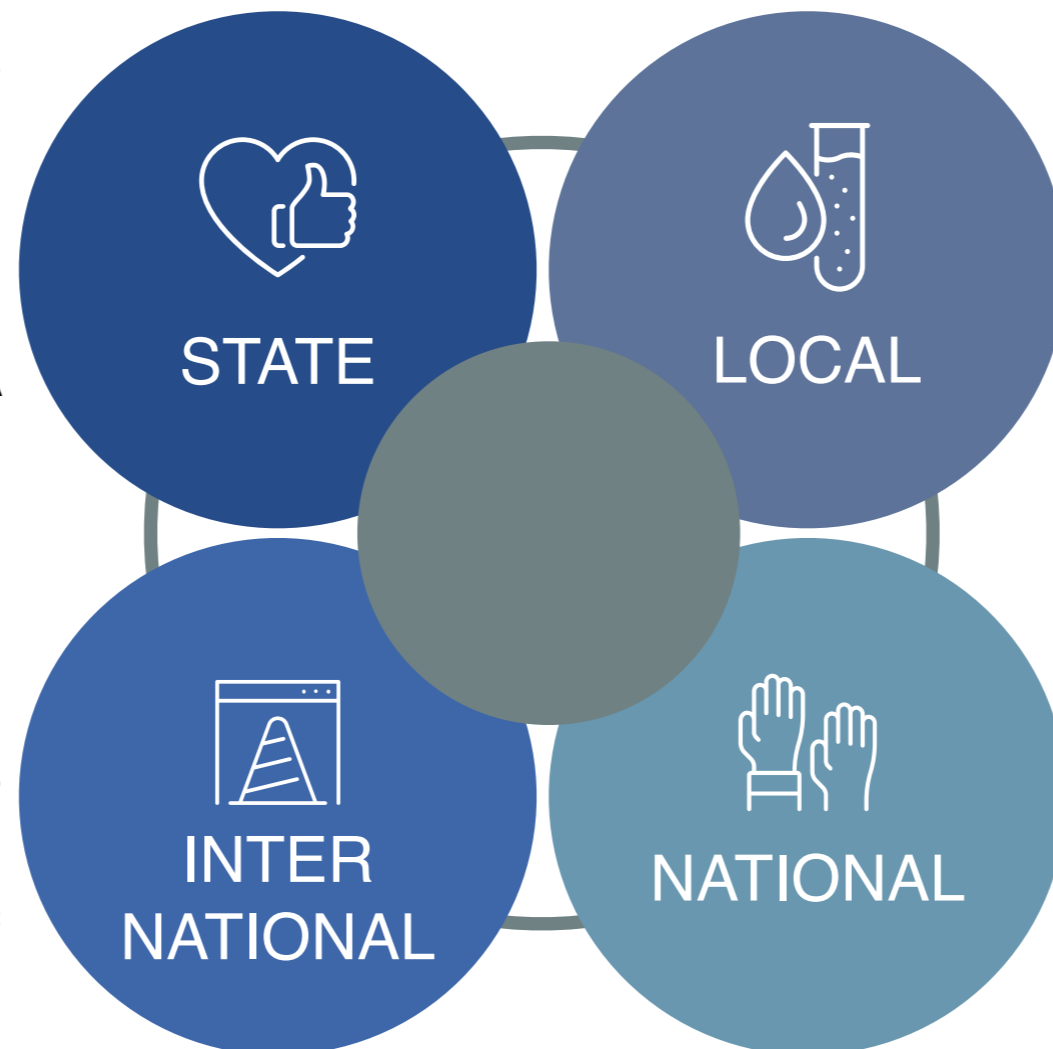
RACES IN MALAYSIA

YOUTH & JUNIOR DEVELOPMENT

State Triathlon Association (STA) to organise a mixed relay / super sprint multisport race once a year with SUKMA as ultimate goal

AGE GROUPERS

Powerman, Ironman, Challenge, XTerra, Super League, TriFactor - to increase the level of competition in our country and provide opportunity for age groupers to qualify to World Championships



ALL

PDIT, 113 - Local organisers to coordinate race calendar for multisports to ensure that the races are well spread out throughout the year

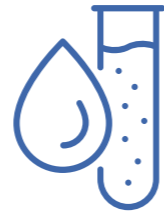
HIGH PERFORMANCE ATHLETES

MTA to hold National Championships, Asian Triathlon and World Triathlon race!

IMPROVEMENT IN THE RACES



Standardisation of
Race Distance and
Age Group



World Triathlon
Rules & Regulation



Asian Triathlon
Race Format










Results published
on one platform



No Frills
to Minimise
Participation Cost,
Allow Late Entry
and Minimal
Time for
Organisation










RACE DISTANCE

UNDER 12

AGE	TRIATHLON			DUATHLON			AQUATHLON			NOTE
										
4 & 5	25m	500m	100m	100m	500m	100m	100m	25m	100m	
6 & 7	50m	1km	400m	400m	1km	200m	200m	50m	200m	
8 & 9	100m	2km	800m	800m	2km	400m	400m	100m	400m	
10 & 11	200m	6km	1km	1km	6km	500m	500m	200m	500m	MR

RACE DISTANCE

12 & ABOVE

AGE	TRIATHLON			DUATHLON			AQUATHLON			NOTE
										
12 & 13	400m	8km	2km	2km	8km	1km	1km	400m	1km	Super Sprint
14 & 15	500m	13km	3.5km	3km	13km	1.5km	1.5km	500m	1.5km	
16 above	750m	20km	5km	5km	20km	2.5km	2.5km	750m	2.5km	Sprint
18 above	1.5km	40km	10km	10km	40km	5km	5km	1500 m	5km	Olympic

RACE TARGETS

5 Year Plan

SUPER SPRINT RACE SERIES

Each STA to organise 1 super sprint race per year
Point system with National Championship for selection of High Performing Athletes

COMMONWEALTH GAMES, UK

Individual
Mixed Relay
250m / 7km / 1.5km

2021

2022

2022

2022

2022

ENGAGEMENT WITH STATE ASSOCIATIONS & RACE ORGANISERS

Establish a Race Calendar for Multisports

ASIAN TRIATHLON

MTA to sponsor top 3 that emerges from the National Championship

ASIAN GAMES, CHINA

Training Race with Specific Targets (?)

RACE TARGETS

5 Year Plan

ASIAN CHAMPIONSHIP

Target for Top xx finish to qualify for World Champ in 2025

QUALIFICATION AT YOUTH OLYMPICS

Early Identification of athletes born in 2007 and 2008

2023

2024

2025

2026

2025

MEDAL AT SEA GAMES

Early identification of athletes with 2 years of preparation and minimum 3 WT races per year

QUALIFICATION TO WT JUNIOR WORLD CHAMPIONSHIP

Early monitoring of athletes' performances at WT races

RACE RESULTS FOR REFERENCE

2019 GYEONGJU ASIAN CHAMPIONSHIP

FEATURES	SWIM	BIKE	RUN	TOTAL
Mixed Relay(M)	2:34 (250m)	9:49 (6.6km)	4:22 (1.6km)	
Mixed Relay (F)	3:10 (250m)	10:31 (6.6km)	4:45 (1.6km)	
U15 (M)	5:48 (400m)	15:42 (10km)	8:27 (2.5km)	31:54
U15 (F)	5:49 (400m)	17:58 (10km)	9:17 (2.5km)	35:11
Junior (M)	8:44 (750m)	28:27 (20km)	17:29 (5km)	0:56:02
Junior (F)	9:54 (750m)	31:56 (20km)	18:09 (5km)	1:01:24
				Timing for 1st Place
				

GOALS: EDUCATION & EXPERIENCE

VERTICAL GROWTH OF THE SPORTS



100 DAY PLAN

COACHING COMMITTEE

COACH ENGAGEMENT

IDENTIFY KNOWLEDGE GAP
DELIVER 2 x MONTHLY TRAINING
DEVELOP EDUCATION ROSTER
IDENTIFY TRAINING BY ISN & AKK & WT
WORK ON PLATFORM FOR HIGH PERFORMING ATHLETES
TRISUIT DESIGN

CURRENT

INDIVIDUAL COACHES WITH NO STATE AFFILIATION

JULY 2020

STATE COACHES APPOINTMENT & FIRST ENGAGEMENT

AUG 2020

MEMBERSHIP DRIVE

ATHLETES TO BE AFFILIATED TO STA

Q4 2020

SPORTS OPEN DAY

STA WILL DRIVE YOUTH & JUNIOR DEVELOPMENT

LIBRARY

ATHLETE HANDBOOK
TEMPLATE FOR MAJOR GAMES SELECTION
SESSION PLAN
COACHING MATERIALS
PERIODISATION PLAN
ROBUSTNESS TEST
TIME TRIAL RANKING

ENGAGEMENT WITH TECHNICAL OFFICIAL

WORLD TRIATHLON RULES & REGULATION TRAINING
RACE BRIEFING

SEA GAMES 2021, VIETNAM

PARTICIPATION

Prerequisite for
Sending Athletes to
SEA Games:

Athletes and Officials
to be vaccinated by
September

MTA is able to support
to support athletes to
attend 2-3 training
races

Athletes to achieve 2
out of 3 benchmark
paces

BENCHMARK PACES

See next slide
tabulated from
2019 Race Result



SELECTION FORMAT

Individual Time Trial
Endorsed by State, Coach
or Technical Official

ITT Conditions

1.6km Swim @ 50m
No Salt Pool
Wall Push Off

8-4 x 5-10km Bike Loop
Fairly Flat
Route

10km Track / Flat Run
with running shoes

No Transition Time

RACE TARGET





Triathlon Top 5

Duathlon Top 5



SELECTION CRITERIA

SEA GAMES 2021
Based on the Result of SEA Games 2019

	TRIATHLON MALE	TRIATHLON FEMALE	DUATHLON MALE	DUATHLON FEMALE
SWIM	1:25 pace	1:30 pace		
BIKE	38 km/h	35 km/h		
RUN	3:30 pace	4:20 pace		
RUN			3:28 pace	4:00 pace
BIKE			38 km/h	33 km/h
RUN			3:45 pace	4:30 pace
				

TIMELINE

SEA GAMES 2021

JULY



Confirm Submission Date to OCM
Confirm Race Format
Selection Criteria & Prerequisite
Coaches & Athletes Engagement

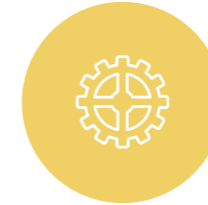
Submission of Time Trial Result
Race Prep: Rules, Trisuit
Selection of Officials & Athletes
1st Dose Vaccination



AUGUST

2nd Dose Vaccination
Training Race:
27 September AT Rayong, TH

SEPTEMBER



Training Race
16 October AT Naga, PH
30 October WT Tongyuen, KOR



OCTOBER

Current Date: 21 Nov to 2 Dec

NOVEMBER



Tentative Postponement Date:
July to August 2022