

Strength and Conditioning in Child and Adolescent Triathletes



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Acknowledgements

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- Coaches

My Philosophy

- Simplicity
- Develop the athlete, not the sport
- Be aware of the big picture
 - Total volume of all training
 - Stress: home, school, training
 - Recovery

Why Triathlon?



Strength Training

- Why Strength train?
- Age Dependent
- Training with Purpose

Strong Kids?



Why Strength and Conditioning?

- Injury Prevention
- Coordination development
- Strength Development
- Work ethic



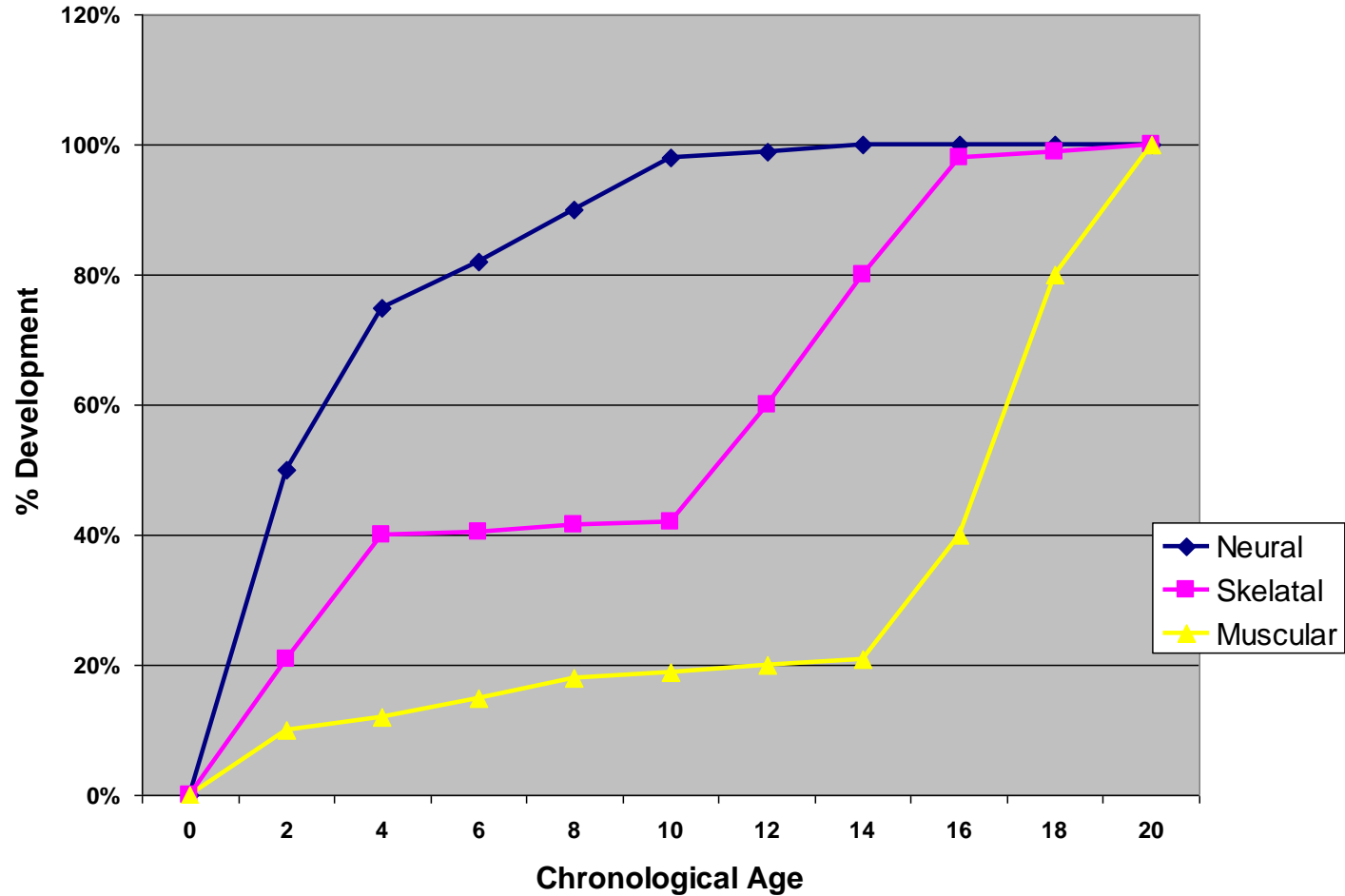
Injury Prevention

- Muscular Balance
 - Postural development
 - Antagonistic muscle use
- Flexibility and stability development
 - Hips
 - Mid spine
 - Joint by Joint Approach
- Technical Skill Development
 - Setting the correct movement patterns for the future
 - Avoid overuse injuries

Growth



Growth Patterns



Coordination Development

- Complex patterns can be developed early
- Better Athlete
- Technical changes made easier
- Can change during growth spurts

Strength Development

- Age Groupers: More about neurologic recruitment than strength increases
- Mechanical alignment takes priority over volume
- Core training is most important
- Teach Technique!

Strength Development

- Add resistance as technique builds
- Resistance training requires maturity

Core Training

- Training from the hips to the neck
- Core allows the lower and upper body to work together
- Many poor runners do not have a solid core
- Core training attaches body to bike
- Core training allows better total body rotation
- Core should be involved in all exercises

Exercise Technique

- Simple alignment
 - Two joint rule
 - Two consecutive joints must always align when training



Core Exercises



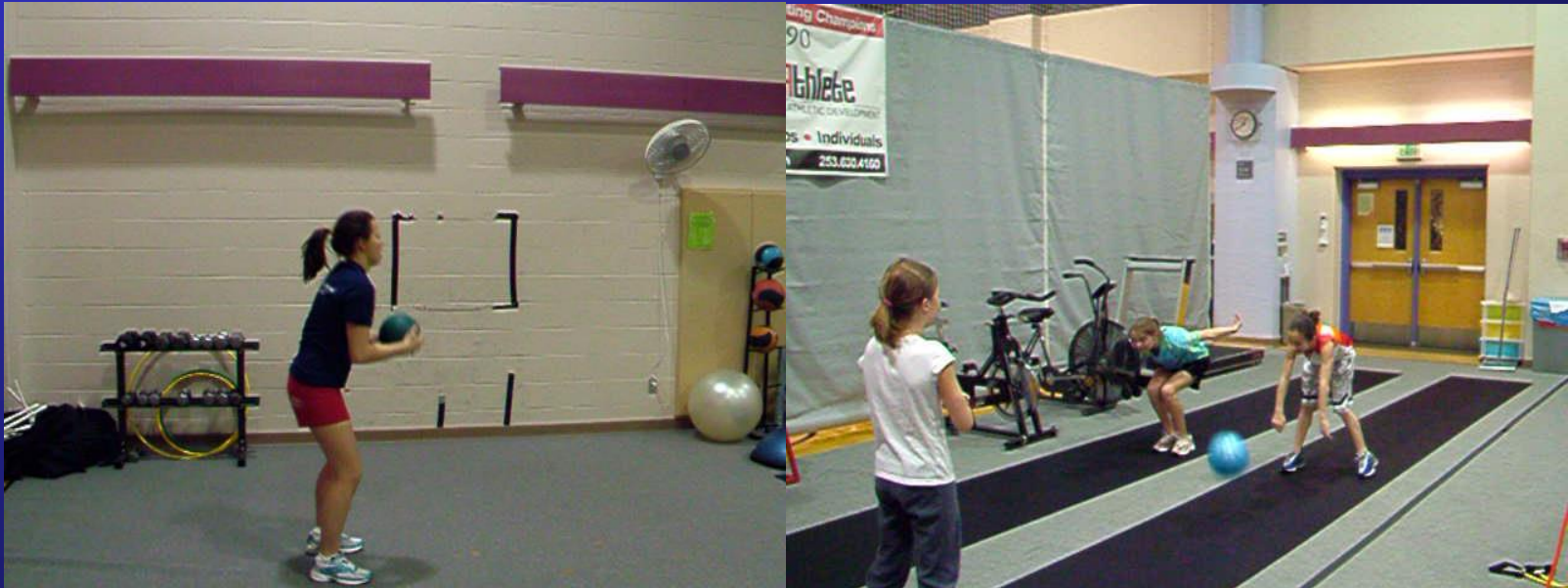
Core Exercises



Strength Exercises



Power exercises



Resources

- International Youth Conditioning Association www.IYCA.org
- Avery Faigenbaum
www.strongkid.com
- American Council on Exercise
www.acefitness.org/ofk



Thank You!

