Paratriathlon Race Records and Benchmarks

Athlete: _____ **Date:** _____

Classification: TRI - 1 ☐ TRI - 2 ☐ TRI - 3 ☐ TRI - 4 ☐ TRI - 5 ☐ TRI - 6 ☐

Competition Benchmarks and Results (Past to Present last 12 months)

Date	Event Olympic or Sprint	Location	Swim Dist / Time	Bike Dist / Time	Run Dist / time	Overall Time	Div / Pl
Race Recap: Hilly, Flat, Hot....							
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Paratriathlon Race Records and Benchmarks

Continued....

Date	Event Olympic or Sprint	Location	Swim Dist / Time	Bike Dist / Time	Run Dist / time	Overall Time	Div / Pl
Race Recap: Hilly, Flat, Hot....							
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Testing Benchmarks

Swim Test

Swim Test	Set	Recovery
Warm up	200 free / 200 kick with board / 200 pull / 200 kick with board / 200 free	15 seconds
	4 x 25 Build	15 seconds
Main Set:	3 x 300 Free at all out effort	30 sec - RECORD TIME
Cool Down	200 back / 200 Free	15 seconds

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Date	1st 300	2nd 300	3rd 300	Average	Pace Per 100
Ex: 10/25/2011	4m 22s 20ms	4m 21s 22ms	4m 24s 22ms	4m 22s 355ms	1m 27s 452ms
12/5/2011				0	0
1/2/2012				0	0
2/6/2012				0	0
3/5/2012				0	0
4/2/2012				0	0

Bike Test

Bike Test	Time	Description	% of FTP	% of FTHR
Warm Up	20 min	Endurance Pace	65	70
	3 x 1 min (1 min RI)	Fast pedaling, 100 rpm	N/A	N/A
	5 min	Easy riding	65	<70
Main Set	5 min	All-out effort	max	>106
	10 min	Easy riding	65	<70
	20 min	Time Trial	100	99 - 105
Cool Down:	10 - 15 min	Easy riding	65	<70
Note: FTP= Functional Threshold Power. FTHR=Functional Threshold Heart Rate. N/A = Not Applicable				

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Date	FTP	Cadence Avg	MPH Avg	Terrain Flat, Hilly or Computrainer
Ex: 10/25/2011	200	90 rpm	21 mph	Computrainer
12/6/2011				
1/4/2012				
2/8/2012				
3/7/2012				
4/4/2012				

Run Test

Run Test	Time	Description	% of FTHR
Warm Up	10 min	Easy run	70
	4 x 30 sec	Accelerators with 30 sec RI	85 - 95
	5 min	Easy run	<70
Main Set	5k	All-out effort	>106
Cool Down:	10 - 15 min	Easy run	<70
Note: FTHR=Functional Threshold Heart Rate. N/A = Not Applicable			

Date	Time	Pace	Avg Hr	Max Hr	Terrain Flat or Hilly
Ex: 10/25/2011	17m 26s	5m 37s	162	185	Hilly

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Date	Time	Pace	Avg Hr	Max Hr	Terrain Flat or Hilly
12/8/2011		0.00			
1/6/2012		0.00			
2/10/2012		0.00			
3/9/2012		0.00			
4/6/2012		0.00			

2012 Race and Camp Schedule

What races are you currently signed up leading to the main races:

January 1 - May 31, 2012				
Date	**Race**	**Distance**	**Location**	**Priority**
May 28	USAT National Paratriathlon Championship	Sprint	Austin, TX	A
September 1	2012 London Paralympics	Sprint	London, England	A
October 20	2012 ITU Paratriathlon World Championship	Sprint	New Zealand	A

Paratriathlon Race Records and Benchmarks

Please complete documents and return every test period:

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