

# 26 Youth Development Programme (YDP)

The 26 Youth Development Programme (YDP) has been attaining huge success since January 2013. We are extremely pleased with the results and attitude of the athletes coming out of the programme and look forward to continuing the success.

We are adapting to the ever changing sporting environment in Hong Kong to ensure a continually competitive, supportive, and driven environment for our YDP athletes.

## Objectives

- Promote running, aquathlon, cycling, and triathlon excellence in Hong Kong.
- Provide world class coaching and mentoring.
- Provide a path towards joining the Development and National Squads.
- Provide a gateway to Asian and Olympic success.
- Create role models for developing athletes throughout the 26 programme.

## Aims of programme:

- To encourage athletes to take their sport to the next level by prioritising our coached disciplines over other sports when the time is right.
- To prepare athletes for potentially joining Development and National level squads.
- To advise and coach athletes to be competitive in their age group categories at local races.
- To educate parents and athletes on what it takes to become a competitive athlete.
- To set up a support network that keeps athletes training and competing year round and injury free.
- To encourage athletes to focus on balancing academic achievement at the same time as training.
- To teach athletes how to set appropriate goals, appropriate nutritional education, and time management skills.

## Selection Criteria: Any of the following will be considered

- Those who are close to or have already made National Benchmarking times.
- Those who demonstrate an outstanding work ethic and determination during training and racing.
- Those who show promising ability at a particular event.
- Solid performances in local races.
- Athletes must be 10 years (age at 31st December).

## **Requirements:**

- Prioritise agreed sessions over school/training and training with other clubs.
- Be a good role model for other athletes.
- Send weekly training totals to coaches each Sunday.
- Attend 90% of agreed sessions.
- Maintain 10-18hrs training per week depending on training age.
- Race at agreed upon races in the most competitive category possible.
- Keep a high level of achievement at school, to be agreed between coaches and parents.
- Buy appropriate 26 kit and wear at all training sessions and when representing 26. National Squad athletes are exempt from racing in 26 kit when required to wear National uniform.
- Encourage and promote the 26 programme to other athletes.

## **Programme Costs and information:**

- Athletes will be invited to join the programme and selection renewed twice a year.
- The programme runs from Jan-June and July-Dec. Athletes will be given training via Training Peaks during school holidays and are expected to maintain a base fitness level.
- HK\$1500 per month for 6 months paid in advance.
- Includes an unlimited number of weekly sessions we offer as well as some non scheduled sessions.

# Training

## Session Breakdown

### Run Specific

10-13 years = 4 Run Sessions + 1 Core strength sessions

14-20 years = 6+ Run Sessions + 2 Core strength sessions

### Hours per week guide

10-13 years = 7-12 hrs\*

14-20 years = 10-15hrs

\* Other sports should also be encouraged but are not included in the weekly hours

These are guidelines, open to interpretation depending on your future aims and training age.

### Aquathlon & Triathlon Specific

Aquathlon is a great gateway into triathlon – as such for the Aquathlon programme we suggest the same as the triathlon programme without the cycling. If the choice is made to move into triathlon the cycling can be added later.

For runners who would like to move into Aquathlon from running specific discuss with your coach the best way to add more swim into your programme.

10-11 years = 2 runs, 1 Aquathon, 3-4 swims\*

12-13 years = 2 runs + core strength, 1 Aquathon, 4-5 swims\*, 1 bike

14-15 years = 3 runs + core strength, 1 Aquathon, 5-6 swims\*, 1-2 bikes

16-20 years = 3 runs + core strength, 1 Aquathon, 5-6 swims\*, 1-2 bikes

\* Swimming sessions are to be done with your swim team and should be prioritised. More swimming will be beneficial at a young age.

These are guidelines. They are open to interpretation depending on your future aims and training age. Please discuss with your coach what is appropriate for you.

### Hours per week guide

10-11 years = 6-12hrs\*

12-13 years = 10-16 hrs

14-15 years = 14-20 hrs

16-20 years = 16-22 hrs

\* Other sports should also be encouraged but are not included in the weekly hours

# Racing

Racing is an essential part of the programme. Athletes are encouraged to participate in a wide range of races by different organisers. The coaches can give guidance on which are best as some of them clash during the season.

## Running

There are numerous track and road events in Hong Kong each year. Focusing from sprints to 10km for youth athletes.

We aim to create a cohesive, supportive and strong racing community. Our programme intends to produce possible results that will raise the standard of running in HK.

The main race organisers in HK include:

School leagues, HKAAA, AVOHK, Sport Soho

## Appropriate distances for YDP athletes based on age:

10 – 12yrs old = 3km and below

12 – 15yrs old = 5km and below

15 – 18yrs old = 10km and below

18+ = 21.1km and below

\*These are guidelines – when choosing races we must also consider training age and current fitness – discuss appropriate race distances with your coach first.

## Aquathlon & Triathlon

Each season there are currently 2-3 triathlon races and many more aquathon races that are suited for youth athletes.

Triathlon events start as young as 8 years old but if not then a swim-run combination will be offered.

Race results are important when it comes to future development and also athlete selection. We aim to follow the best triathlon associations around the world and take into account race results and not rely solely on time trials. Those who are fastest in the pool and on the track are not always the fastest in open water and in multi-sport events.

The main race organiser in HK is the Hong Kong Triathlon Association.