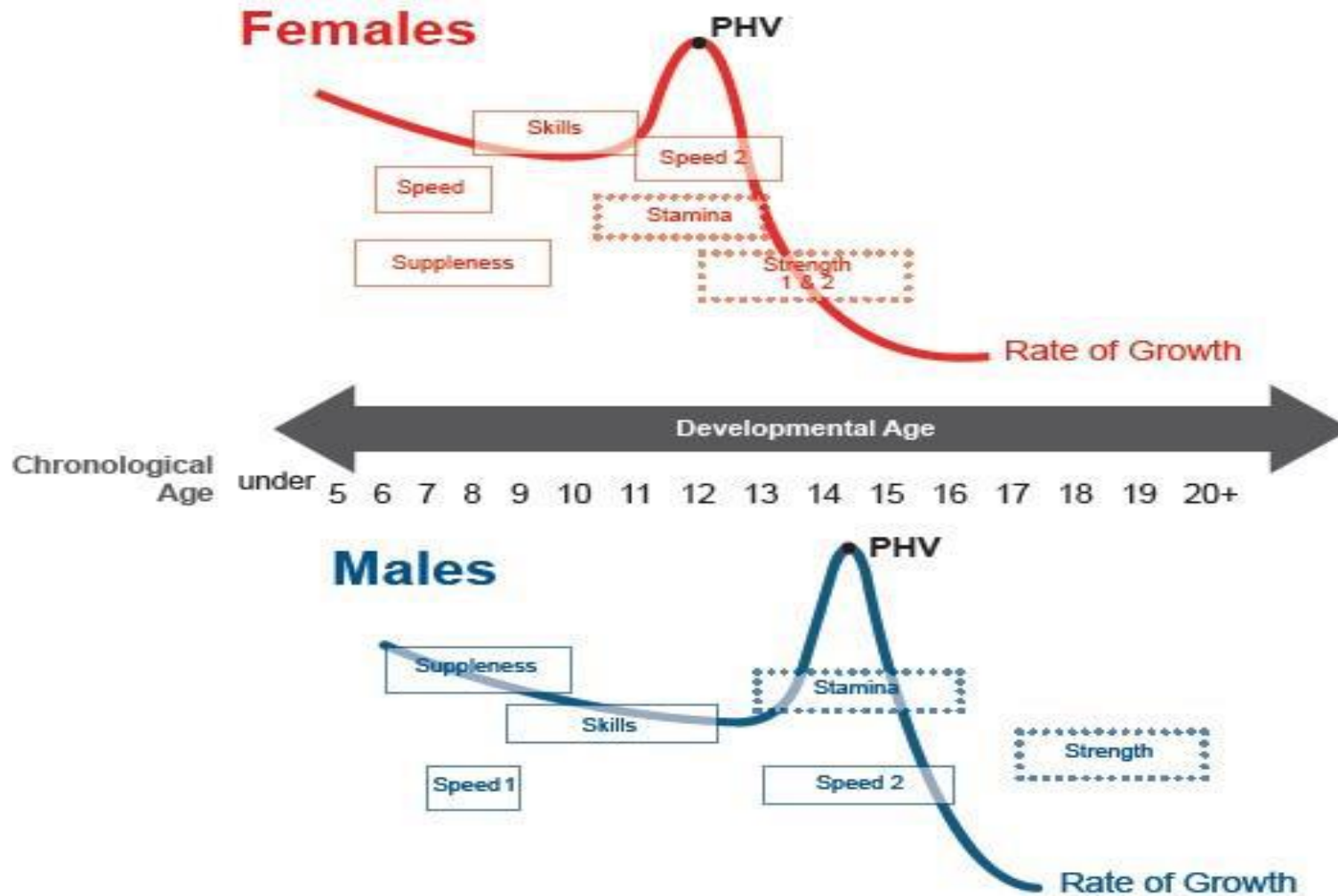


# LTAD (Long Term Athlete Development)- Excellence Takes Time (10yr Rule)



# The 10-Year Rule

Scientific research has concluded that it takes a minimum of 10 years and 10,000 hours of training for a talented athlete to reach elite levels. For athlete and coach, this translates into slightly more than 3 hours of training or competition daily for 10 years.

This factor is supported by *The Path to Excellence*, which provides a comprehensive view of the development of U.S. Olympians who competed between 1984 and 1998. The results reveal that

- U.S. Olympians begin their sport participation at the average age of 12.0 for males and 11.5 for females.
- most Olympians reported a 12- to 13-year period of talent development from their sport introduction to making an Olympic team.
- olympic medallists were younger — 1.3 to 3.6 years — during the first 5 stages of development than non-medallists, suggesting that medallists were receiving motor skill development and training at an earlier age. However, caution must be taken not to fall into the trap of early specialization in late specialization sports.

# Long-Term Athlete Development Plan - Speed Skating

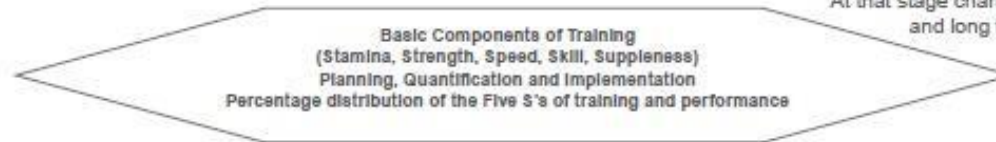
(Way, Holmik and Balyi 2005)



Based on testing and monitoring

Optimizing training competition and recovery loads

Note in Learning and Training to Win male and female ages are the same. At that stage chart depicts short and long track.



**Ancillary Capacities**

Warm-up	Environment
Cool-down	Health
Stretching	Equipment
Regeneration	Mental
Taper & Peak	Socio-cultural
Nutrition-Hydration	

Integration of sport science and sport medicine, as well as sport specific activities

