



## USA Triathlon Certified Training Center Requirements

### Facility Requirements:

- A 25 meter pool (6 lane +)
- A 400 meter track
- Trainer/spin room- multi rider preferred
- Treadmills that go up to 12-15 mph
- Access to trails within 1 mile
- Access to hotel within 1 mile
- Within 30 minutes' drive to a National airport
- Performance Lab
- Recovery Center- Ice bath, hot tub, sports massage
- Locker rooms with showers
- Meeting room that comfortably seats 50+ people with AV

### Staff Requirements:

- Minimum of 2 USAT Certified Coaches  
1 USAT Level II Certified Coach

### Services Requirements:

- Provide USAT membership information (booklets, flyers, etc.)
- Vo2 and Lactate Testing
- Bike Fit
- Video Analysis
- Nutrition Consult by a Registered Sports Dietician with triathlon experience
- Athletic Trainer and Physical Therapy services
- Access to a Sports Psychologist
- Free coaching to at least one elite or junior elite/U23 who competes at nationals
- Sponsorship to one local tri club with more than just discounts (product, cash, etc.)

### Discount Requirements:

- 20% off services for USAT members and coaches