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Institiúid Teicneolaíochta  
Leitir Ceanainn

Letterkenny Institute  
of Technology

**Project Title:** Athlete Health and Performance in Elite Triathlon

**Supervisors:** Dr Ken van Someren, Letterkenny Institute of Technology, Prof Giles Warrington, University of Limerick, Michael Black, Head Coach, Triathlon Ireland

**Keywords:** Triathlon; performance; training load; adaptation

**Project Summary:**

This PhD studentship presents a unique opportunity to tackle key performance challenges for Triathlon Ireland coaches and athletes. The successful candidate will conduct research in both the lab and the field with a significant amount of time spent in the elite training and competition environment, working closely with Triathlon Ireland.

High training loads impose severe physical and psychological stress and can result in chronic fatigue, compromised training adaptation, increased illness and injury, underperformance and burnout. The research will commence with a 12 month prospective evaluation to identify risk factors and associations with health and performance. The new super-sprint mixed relay event is less than half the distance of the standard Olympic event and novel analysis will inform specific training objectives and methods. Finally, the research will evaluate the efficacy of training interventions based upon this research and their impact on athlete health and performance.

**Candidate Qualifications/Requirements**

A 2.1 or higher in a Level 8 degree in Sports Science or a related field.

An understanding of high-performance sport, ideally with experience of working in this environment.

Motivation to work with coaches and athletes and translate science to performance.