

Nicola Spirig and the Triathlon and Duathlon Training Centre Solothurn TLS

The 2012 Olympic champion from London is involved in the Solothurn **triathlon and duathlon performance center TLS** for young Swiss triathletes. The TLS is a regional center of excellence for young athletes who receive targeted support. The task of the TLS is to promote young talented triathletes and duathletes and to prepare them for a career as professional athletes. The program has the potential to increase the number of Swiss athletes competing at an international level. The double burden of school and competitive sport will be optimally balanced.

"I want to do something for the future of our sport," says Spirig. As the founder of Spirit Multisport, she acts as a partner and incubator for TLS and provides services in the areas of training control, marketing and communication. The optimal infrastructure, which is available in the trainings with training program and support, can accommodate regional as well as international athletes. Together with Daniela Ryf, who acts as patron of the TLS, and the Swiss Triathlon Association, Spirig supports the continuous expansion of this project.

Already today, more than ten young athletes take advantage of the TLS's offer which is geared towards professional sport. 420 guided trainings are offered per season and four athletes of the program have made the leap into the elite national squad (triathlon, duathlon) of Swiss Triathlon in recent years.

What the TLS offers

- An optimal infrastructure
- Training and training support for young athletes as well as for performance-oriented elite triathletes and duathletes from the region. 420 training sessions are offered per season
- Well-structured training program
- Quality coaching
- Good infrastructure that can accommodate local, regional and international athletes
- Solothurn Region: The TLS as support for regional clubs and trainers

The success of the TLS model is based on

- The supporting network provided to students/athletes and parents involved, schools, training organizations and the Swiss Triathlon Association
- The ideal conditions that this supporting network provides to athletes to position them for success
- The opportunity for students to work with elite athletes such as Daniela Ryf and Nicola Spirig as well as athletes from the region
- In operation for five years

Confirmed results

- Three Top 15 results at the Junior Triathlon World Championships and European Championships
- Two wins, one second place and a multitude of top 10 placings at the Junior Triathlon European Cup Races
- 17 gold medals and other podium places at Swiss championships
- Athletes who have been accepted into the Swiss Triathlon National Team