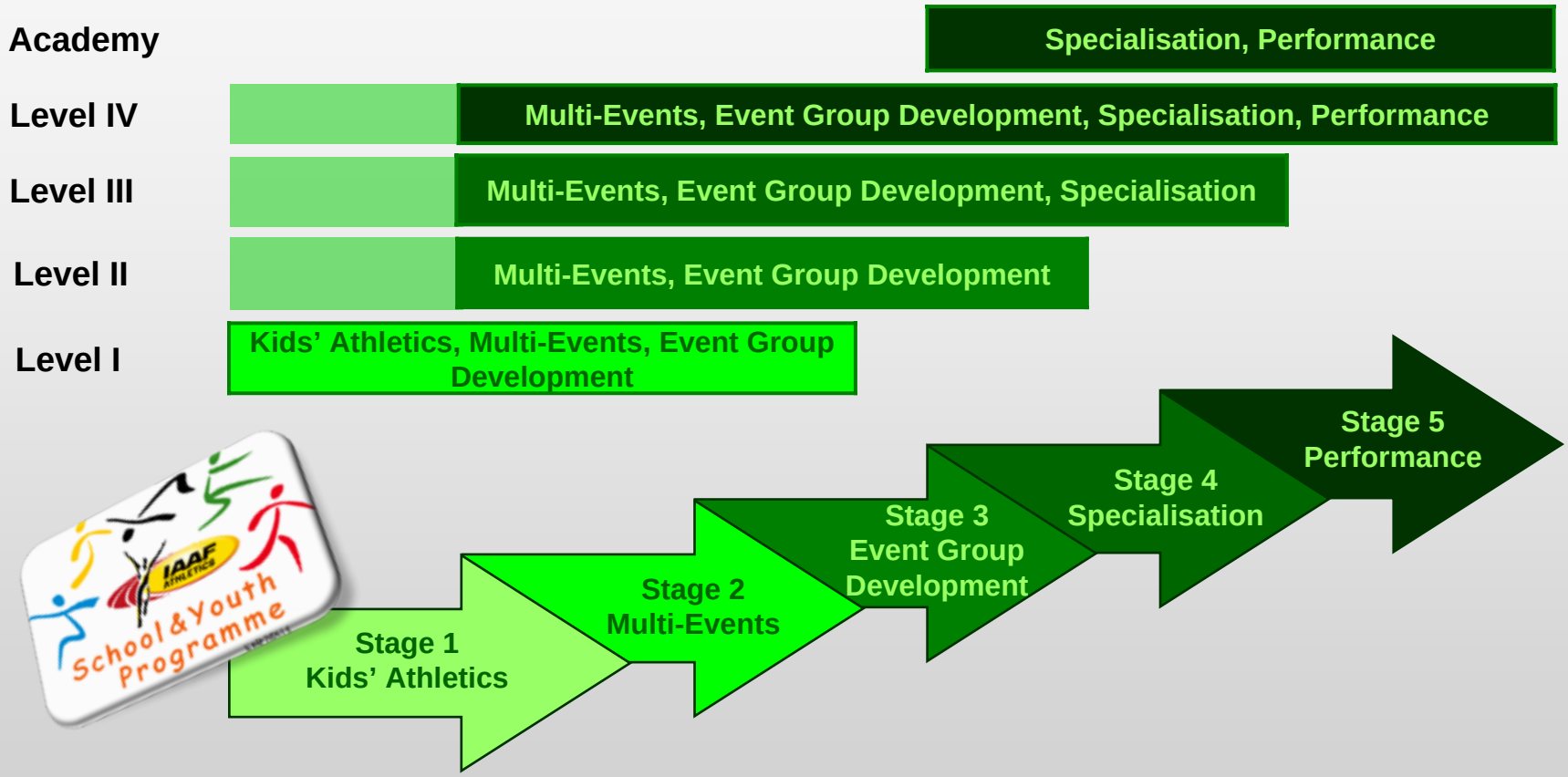
Fig 2: Stages of Athlete Development and the IAAF CECS



Training Age (years)	1	2	3	4	5	6	7	8	9	10 +
Optimum Biological Age	6-9	8-11	10-13	12-14	13-15	14-16	15-17	16-18	17-19	18-20+