Reviewer’s report

Title: Futureproofing triathlon: Expert suggestions to improve health and performance in triathletes

Version: 0 Date: 13 Nov 2019

Reviewer: Carlos Castrillon

Reviewer's report:

Interesting well-written qualitative paper. The paper used a thematic analysis approach with two stages. The first stage included 4-panel sessions with experts and the second stage included interviews with a number of experts that accepted participating.

- Given the international component of Triathlon, does the background of the participants ensure world representativeness? Could you mention the nationality of the participants?

- The last two paragraphs of the introduction are confusing. I think you should not base the rationale of your study only on conference discussions, readers may have not attended. Please, reword the rationale of your study to be supported also supported by scientific papers.

- In your aim, you argue about reducing future stresses but you are citing evidence of current issues such as overuse injuries, overtraining, illness, etc. Could you please make your aim clearer for the readers?

- Could you please briefly explain why did you decide for using the current research design or methodological approach?

- Please provide an explanation on the reason some individuals were not available for interview and why did they choose not to take part? Did this event impact the results of the study?

- Please state any potential bias or influence of the authors regarding the formulation of the research question, or data collection (e.g. sample recruitment and choice of location), or selection of data for presentation.

- Editing: Please check the spaces before the parenthesis is uniform throughout the manuscript.

- It would be interesting if the author could propose a plan or goals to be accomplished for triathlon according to the recommendations provided by your study. This could be used in future roundtables.

- Conclusion: you should briefly summarize the content of the five themes identified.
Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Unable to assess

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

Not relevant to this manuscript

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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