The aim of this study was to conduct a futureproofing aimed to develop key recommendations for triathlon. This is a qualitative study that involved different professionals (athletes, coaches, practitioners, academics, and policy maker) in discussion sessions during a conference. The intention of this study was to point out the main topics of triathlon discussion for the development of better health and performance in the present and future generations of triathletes. The results produced five main themes: "Critical appraisal and application of knowledge"; "Integrated approaches to developing, disseminating, and using research and expertise"; "Appropriate development and use of measures for monitoring training and recovery"; "Knowing your athletes and adopting holistic approaches to athlete/person development", and; "Challenging accepted cultural and sporting norms". The authors highlighted a gap between scientists and coaches/practitioners, considering that they do not have easy access to research in the area, or have difficulty in interpreting and/or implementing the results in their practice.

Minor revisions

Please, standardize the use or not of quotation marks when portraying an interviewee's speech;

Methodology (line 107): Repetitive description of the professionals included in the study (researchers, coaches, academics…). In lines 103/104 you have already described this info, please, consider changing.

Line 132: "There was also one industry representative." At no other point in the text this information is mentioned, and what is the purpose of including this professional in the discussions? Could you please elaborate on that?

Participants and procedure (line 141): All the individuals who participated in the futureproofing sessions were contacted via e-mail and invited to participate in follow-up semi structured interviews? Please, clarify.

Line 158: space between "51" and "minutes."
Major revisions

This study covers many different topics (such as recovery and attention to the athlete, relationship between research and practice, kids who practice triathlon ...). However, the discussion of the paper seems not to follow a logical order and it reads a bit confusing. For instance, the last theme (Challenging Accepted Cultural and Sporting Norms) is barely discussed in the discussion section. Could you please do some reword in your discussion to make it easier to follow for readers.

Please, rewrite the conclusion. I believe the conclusion should address your main findings (e.g. the 5 themes identified by your study is not even mentioned). A short summary of your findings should be added.

Paragraph 7 (line 494-508): Please, read the following paper "A New Mathematical Approach to Explore the Post-exercise Recovery Process and Its Applicability in a Cold Water Immersion Protocol (Micheletti et al. 2019) - Athlete recovery is multifactorial, so understanding this process as a whole, assessing several variables (including individual perception, functional performance, and physiological / metabolic state of the athlete) seems to be of interest of practitioners. Please, include discussion about this topic.

The authors stressed that researchers should direct their research to specific points elucidated by coaches / practitioners. However, the study reports that this does not occur. I suggest you include discussions about why sports federations do not bring together triathlon workers and researchers to select specific problems to be further addressed. Funding strategies for these researchers should also be discussed.

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.

Yes

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

No

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

Declaration of competing interests
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?

4. Have you received reimbursements, fees, funding, or salary from an organization that holds or has applied for patents relating to the content of the manuscript?

5. Do you have any other financial competing interests?

6. Do you have any non-financial competing interests in relation to this paper?

If you can answer no to all of the above, write 'I declare that I have no competing interests' below. If your reply is yes to any, please give details below.

I declare that I have no competing interests' below.

I agree to the open peer review policy of the journal. I understand that my name will be included on my report to the authors and, if the manuscript is accepted for publication, my named report including any attachments I upload will be posted on the website along with the authors' responses. I agree for my report to be made available under an Open Access Creative Commons CC-BY license (http://creativecommons.org/licenses/by/4.0/). I understand that any comments which I do not wish to be included in my named report can be included as confidential comments to the editors, which will not be published.

I agree to the open peer review policy of the journal