TRIATHLON CANADA

LONG TERM ATHLETE DEVELOPMENT (LTAD) MODEL

HIGH EXPOSURE TO THE SPORT

HIGH PERFORMANCE

COMPETITIVE FOR LIFE

COMPETE TO WIN
Targeted Athletes: Elite
Level of Competition: Best in the World
Events: Olympic/Paralympic Games
Coach: Competition High Performance

TRAIN TO WIN
Targeted Athletes: Elite
Level of Competition: International
Events: ITU World Cup/ ITU World Triathlon Series
ITU World Para Cup / ITU World Paratriathlon Series
Coach: Competition High Performance

TRAIN TO COMPETE
Targeted Athletes: U23
Level of Competition: International
Events: Continental Championships, ITU World Cups
ITU World Paratriathlon Cups
Coach: Competition

ELITE MULTISPORT
Targeted Athletes: Elite (Pro)
Level of Competition: International
Events: ITU Multisport World Championships
Coach: Competition

OLYMPIC / PARALYMPIC PATHWAY

COMPETITION DEVELOPMENT

LEARN TO COMPETE
Targeted Athletes: U23
Level of Competition: International
Events: Continental Cups
Coach: Competition

TRAIN TO TRAIN
Targeted Athletes: Junior/U23
Level of Competition: Provincial/National
Events: Development Series,
National Championships,
Domestic Continental Cups
Coach: Competition

Targeted Athletes: Age Group
Level of Competition: National/International
Events: Age Group World Championships
Age Group National Championships
Coach: Community

ACTIVE FOR LIFE

DEVELOPING PHYSICAL LITERACY

LEARN TO TRAIN
Targeted Athletes: Junior/U23
Level of Competition: Local/Regional/Provincial
Coach: Competition

FUNDAMENTALS
Level of Competition: Grassroots Community Events
Coach: Community

ACTIVE START
Level of Competition: First Exposure
Coach: Community

Targeted Athletes: Age Group
Level of Competition: Provincial/Regional
Events: Age Group Provincial Championships
Age Group Regional Championships
Coach: Community

DEVELOPING PHYSICAL LITERACY

FIRST EXPOSURE TO THE SPORT