

Location : Banyoles, Spain

Dates : September 17- 22, 2026

2026 INTERNATIONAL AGE GROUP CAMP



TRI  **THLON** **CANADA**

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CAMP OVERVIEW

Triathlon Canada is excited to launch its first -ever International Age Group Camp in beautiful Banyoles, Spain! Renowned for its world-class training environment, Banyoles served as the official staging location for both the Canadian Paralympic and Olympic teams ahead of the 2024 Paris Games. This premier destination offers the perfect location for five days of high-quality training, learning, and fun!

Athletes will have the unique opportunity to train under the guidance of seasoned professionals, alongside passionate Age Group athletes from across Canada. With its stunning terrain and ideal cycling conditions, the camp will feature a strong emphasis on riding, including several long and hilly bike rides.

Whether you're preparing for the 2026 World Championships or simply looking for the perfect excuse to combine training with a European getaway, this international camp offers an unforgettable experience abroad that delivers on both performance and adventure



CAMP SELECTION

15 athletes will be selected based on the following criteria -

- Current members of Triathlon Canada (must hold a Provincial Annual Membership)
- Current or past member of the Triathlon Canada Age Group World Championship Team OR
- Have completed an Ironman or Ironman 70.3 race in the past 2 years OR
- Have completed a T-100 race in the past 2 years

Selection Process & Timeline:

1. Athletes must submit an EOI by November 1st, 2025
2. Selected athletes will begin to be notified the week of November 3rd.
3. Unclaimed spots will continue to be rolled down to selected athletes until all 15 spots are filled.

This is a new initiative we're hoping to offer to age groupers. Our minimum uptake to move forward with this program is 12 registered athletes. If we are unable to hit the minimum by January 30th, 2026, all paid registration fees will be refunded



[CLICK HERE TO SUBMIT AN EOI](#)

FEES

The cost for the 5 day international camp is ~\$4500. The exact cost will be communicated upon selection for the camp

The camp fee includes the following:

- 6 week pre camp virtual seminar series presented by high performance experts on a variety of topics to help athletes prepare for major & international competitions.
- Access to a world- renowned training location chosen for it's relevance to the endurance sport community.
- A comprehensive training program delivered by Triathlon Canada coaches and staff
- Organized group training, excursions, and social activities
- Seminars lead by experts on a variety of topics
- Travel support including all ground transportation and airport transfers
- Accommodation at [Hotel L'Ast](#)
- Meals provided by Hotel L'Ast and [Rocacorba](#)

TRAVEL

Athletes are responsible for arranging their own air travel to and from the camp. For those travelling to Pontevedra for the Age Group World Championships after the camp, a recommended flight option will be provided for self-booking.

Triathlon Canada will coordinate airport shuttle service upon arrival in Barcelona or Girona to Banyoles, as well as all on-site transportation between camp locations.



MEALS & ACCOMMODATION

Accommodation has been booked for the athletes at [Hotel L'Ast](#) from September 17th to September 22nd. Hotel L'Ast provides traditional European Accommodation and is centrally located to all training locations. Hotel L'Ast also offers a secure and private space for athletes to store their gear during camp.

Meals (breakfast and dinner) will be provided by Hotel L'Ast and [Rocacorba](#) (located just up the road) for the duration of camp. Rocacorba caters specifically to endurance athletes and will be providing freshly prepared, delicious dinners each evening to keep athletes fuel for their training throughout the week.



Travelling with a plus one? Athletes selected to attend the camp will have the option to bring a guest for an additional cost. Guests will share a double room with the attending athlete and may also choose to opt into the camp meal plan. Airport transfers will be provided for guests as well.

Please note: Guests will not participate in any training sessions or seminars during the camp.



COACHES, STAFF & GUEST SPEAKERS



LIZ CULLEN- *LEAD COACH*

Liz has over 20 years of experience racing triathlon and has been a coach full time for over a decade. Her athletes range from beginners to seasoned racers with age group wins and multiple world championship qualifications. Liz always seeks a balanced approach to coaching and encourages the fun side of training while still racing to top performance. When not swimming, biking or running, she can be found with her family out sailing.



CHRISTINE COGGER-*ASSISTANT COACH/ TEAM MANAGER*

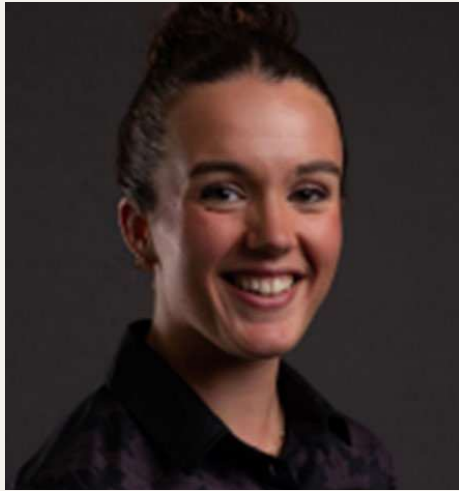
Christine has been working at Triathlon Canada since 2017. She has supported Triathlon Canada as a Team Manager at the world championship events since 2017, and is excited to continue to do so. An avid athlete herself, and former Race Director for IRONMAN Canada, Christine brings a wealth of knowledge and great energy to camp!



RACHEL MACATEE- *DIRECTOR OF SPORT DEVELOPMENT, TRIATHLON CANADA*

Rachel joined the team at Triathlon Canada in 2017 and currently oversees the Sport Development department. Prior to joining Triathlon Canada she worked extensively in event operations for a variety of organizations. As a Team Manager, she supported Triathlon Canada's Paralympic Team through two Games cycles (Tokyo and Paris), and continues to travel with the Age Group World Championship team. She loves seeing the triathlon community in action!

COACHES, STAFF & GUEST SPEAKERS



ELLA CALDER- *CAMP LOGISTICS & COMMUNICATION LEAD, TRIATHLON CANADA*

Ella joined the Triathlon Canada team in 2024 as the Community Programs Manager. Ella has extensive experience planning and delivering National level camps. Through her career as a collegiate athlete, as well as a role in Sports Administration, Ella has an in-depth understanding of the needs of athletes, and how to best support them towards success. She will be supporting the camp by overseeing logistics and communications to ensure things are running smoothly



CAMP SCHEDULE

Please note this schedule is tentative and subject to change and adaptable to each athlete's specific needs and training goals

Thursday, September 17	
TBD	Athletes arrive in Barcelona or Girona- Shuttle from Airport
17:00	Meet and Greet/ Welcome Session
18:00	Shakeout Run/ Walk (optional)
20:00	Dinner at Rocacorba
Friday, September 18	
8:00	Breakfast
9:00	Open Water Swim (Lake)
12:30	Lunch
13:30	Bike Mechanic Session
16:00	Strength and Mobility Session
18:00	Rest and Recovery
20:00	Dinner at Rocacorba
Saturday, September 19	
7:00	Breakfast
8:00	Long Ride (90min- 5 hours)
13:00	Lunch
18:00	Lane Swim Workout
21:00	Dinner at Rocacorba

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Sunday, September 20

8:00	Breakfast
9:30	Run Workout (Focus: TBD)
12:00	Lunch
13:30	Bike Ride
17:00	TBD
20:00	Dinner at Rocacorba

Monday, September 21

8:00	Breakfast
9:00	Open Water Swim (Lake)
11:00	Seminar: TBD
12:30	Lunch
17:00	Recovery ride
19:00	Stretching/ Mobility Session
20:00	Dinner at Rocacorba

Tuesday, September 22

8:00am	Breakfast
TBD	Shuttle to Airport
TBD	End of Camp

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