

# 2026 Triathlon Canada Para National Development Camp Outline

## Overview

**Date:** July 15- July 17 (*Open Para National Championships taking place on July 18<sup>th</sup>*)

**Location:** Edmonton, AB

Triathlon Canada's 2026 National Para Development Camp is designed to support para triathletes in becoming "race ready." Athletes should have some prior experience in triathlon or in one or more of the individual disciplines: swimming, cycling, or running.

Training sessions will focus on developing race-specific skills, while workshops will support athlete preparation in key areas such as nutrition, recovery, and race week planning. The camp will conclude with the Para Open National Championship Sprint Distance race on July 18 at Hawrelak Park. This iconic venue has a rich history of hosting National Championships and World Triathlon events and will also serve as a host site for the 2027 World Triathlon Multisport Championships.

Athletes will also have the opportunity to train at the newly opened Coronation Recreation Centre in Edmonton, Canada's first fully integrated indoor triathlon training facility.

Lead Coach Anastasia Polito, supported by para development coaches and performance science practitioners, will deliver a high-quality training environment aimed at helping athletes progress in both training and competition to reach their full potential

## Camp Focus

The focus of this year's National Para Development camp will be: **Being Race Ready**

Utilizing the facilities of Coronation Recreation Centre and Hawrelek Park athletes will participate in the following:

- » Pool and open water swim sessions with a focus on open water racing skills
- » Technical cycling sessions with a focus on climbing, descending, cornering, and passing
- » Transition practice, including efficient transitions and mount/dismount line execution
- » Run/push tactical sessions, including cornering techniques
- » Workshop sessions covering nutrition, recovery, mental performance and race day preparation, race planning and tactics

In preparation for Para Open National Championships athletes will:

- » Visit and train on racecourse
- » Participate in course familiarizations
- » Attend a pre-race briefing with technical officials

## Fees, Travel & Accommodation

The cost for athletes to attend the 3-day camp is \$750.00 CAD. The camp fee includes all training and professional development sessions, accommodation at a hotel located centrally to all training facilities, airport transfers\* and transportation to and from training venues, lunches provided Wednesday thru Friday and a camp social activity.

Athletes are expected to arrive in Edmonton during the day on Tuesday July 14<sup>th</sup>. Bike mechanic support will be available on Tuesday afternoon or evening. The first training session will take place on the morning of Wednesday, July 15<sup>th</sup>. The camp will conclude on Friday, July 17, with the Athletes having the option to participate in the Para Open National Championships on Saturday, July 18. \*Shuttle services will be provided to transport athletes and their bikes to and from the airport, with specific shuttle times to be communicated upon registration.

Athletes are responsible for arranging and covering the cost of their own travel to and from Edmonton. Accommodation arrangements organized by Triathlon Canada will be communicated upon completion of athlete registration.

Daily lunches Wednesday- Friday the week of camp. Athletes are responsible for all other meals. Hotel rooms do have kitchens.

### Participation Criteria

- Athletes have submitted an EOI prior to the deadline of **May 30, 2026**
- Athletes have prior experience in triathlon or in a sister sport (swim/bike or run).
- Athletes must be physically fit and have medical clearance

### Camp Program:

*Please note that the following program is subject to change*

Start Time	Activity	Location
<b>Tuesday, July 14</b>		
4:30-8:00pm	Meet and greet/Equipment preparation	Coronation Centre
<b>Wednesday, July 15</b>		
10:00am	Dynamic movement warmup	Coronation Centre
10:30am	Bike/ Run bricks	Coronation Centre
12:00pm	Lunch	Coronation Centre
1:00pm	Race Week Planning (Nutrition, Sleep, Recovery Body Work- Sue & Liz)	Coronation Centre
2:40pm	Pool swim	Coronation Centre
<b>4:30pm</b>	<b>Day 1 wrap up</b>	Coronation Centre
<b>Thursday, July 16</b>		
9:30am	Race Day Preparation	Coronation Centre
11:00am	Bike- Run Transitions	Hawrelak Park
12:30pm	Lunch	Hawrelak Park
2:30pm	Open Water Swim	Hawrelak Park
4:00pm	<b>Day 2 wrap up</b>	Hawrelak Park
<b>Friday, July 17</b>		
11:00 am	Pre-Race meeting/Lunch	Hawrelak Park
1:00pm	Bike course Familiarization	Hawrelak Park
2:30pm	Stretching & Recovery (whirlpool/cold plunge)	Coronation Centre
4:00pm	National Classification ( <i>Optional</i> )	Coronation Centre
	<b>Day 3 wrap up</b>	
<b>Saturday, July 18</b>		
12:00	Open Para National Championships (Sprint Distance)	Hawrelak Park

**Sunday, July 19th**

TBD	Departure Day- Airport Transfers	
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