

Location : Victoria, BC

Dates : May 16- 19, 2026

2026 NATIONAL AGE GROUP CAMP



TRI  **THLON** **CANADA**

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CAMP OVERVIEW

Triathlon Canada's Age Group Programs unite thousands of athletes from across the country each year. In 2025, over 1,000 athletes sought to qualify for Canada's Age Group Team, with 600+ successfully claiming a spot to compete at the World Championships. These athletes had the opportunity to represent Canada on the global stage, showcasing their talents at the pinnacle of the age group program.

The 2026 National Age Group Camp is set to take place over four days, from May 16-19, 2026, coinciding with the May long weekend. This camp will bring together Age Group athletes of all levels from across Canada, with the primary goal of enhancing their skills and performance to support future success as part of the Canadian Age Group team at World Championships. In addition to focusing on performance improvement, the camp will provide a unique opportunity for athletes to connect, train, learn, and enjoy a shared experience with like-minded individuals from across the country.

The four-day camp will take full advantage of Victoria's premier training facilities and scenic locations, including PISE, the Canadian Sport Institute (CSI), Elk Lake, Commonwealth Pool, Triathlon Canada Headquarters, Dallas Road, and the surrounding areas. Training locations will provide athletes with the ideal environment to learn and train.



CAMP SELECTION

20 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 a T-100 race in the past 2 years OR
- Have completed an Ironman or Ironman 70.3 race in the past 2 years

Selection Process & Timeline:

1. Athletes must submit an EOI by **January 5th, 2026**
2. Selected athletes will begin to be notified the week of January 5th.
3. Unclaimed spots will continue to be rolled down to selected athletes until all 20 spots are filled.

[CLICK HERE TO SUBMIT AN EOI](#)



FEES

The cost for the 4-day immersive training experience led by Triathlon Canada coaches and staff is **\$1800**. This comprehensive program includes:

The camp fee includes the following:

- 4-day immersive training experience led by Triathlon Canada coaches and staff.
- Expert-led seminars featuring local leaders and professionals from the triathlon community
- Daily lunches catered by some of Victoria's top local restaurants
- Optional downtown accommodation block secured for athletes (additional cost applies)
- 3-hour recovery session at HAVN Saunas, including hot and cold tub circuits and saunas designed to help you relax, recover, and recharge
- On the ground transportation between training sessions
- Triathlon Canada swag- exclusive gear only available to camp participants



HOTEL
GRAND PACIFIC



MEALS & ACCOMMODATION & TRANSPORTATION

Lunches will be provided by local cafes/ markets each day of Camp. Athletes will be responsible for all other meals, including snacks to fuel throughout the day.

An **accommodation** block in will be arranged by Triathlon Canada for athletes to book in at an additional cost. Athletes are welcome to seek their own accommodation outside of the one offered by Triathlon Canada.

Please note that the camp hotel will be used as a meeting point for several sessions throughout camp.

Transportation services will be provided by Triathlon Canada to shuttle athletes between training sessions. Athletes will be responsible for all other transportation on the ground.



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

Start Time	Activity	Location
Saturday, May 16		
8:00am	Meet at Hotel Grand Pacific for Shuttle to Thetis Lake	Hotel Grand Pacific
9:00am	Meet and Greet/ Welcome Session	Thetis Lake
9:30am	Dryland Warmup	Thetis Lake
10:30am	Swim Workout (open water)	Thetis Lake
12:00pm	Lunch	Thetis Lake
1:30pm	Trail Run	Thetis Lake
5:00pm	Shakeout Bike Ride	Start & Finish @ Triathlon Canada HQ
7:00pm	End of Day 1	
Sunday, May 17		
7:45am	Meet at Triathlon Canada HQ	Triathlon Canada HQ
8:00am	Long Ride prep	Triathlon Canada HQ
9:00am	Long Ride	Dallas Road/ Cordova Bay
12:00pm	Lunch	Triathlon Canada HQ
1:30pm	Strength & Mobility Session	Forge
5:00pm	HAVN recovery Circuit (3 hours)	HAVN Saunas
8:00pm	End of Day 2	

CAMP SCHEDULE

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Monday, May 18		
8:15am	Meet at Hotel Grand Pacific for Shuttle to Pool	Hotel Grand Pacific
9:00am	Lane Swim Workout	Commonwealth Pool
12:00pm	Lunch	PISE- Classroom
12:30pm	Seminar (TBD)	PISE- Classroom
1:45pm	Tour of CSIP	PISE- CSIP
3:00pm	Track Session- With Liz Cullen	PISE- Track
7:00pm	Group social	Local Resturaunt (TBA)
9:00pm	End of Day 3	
Tuesday, May 19		
9:00am	Meet at Hotel Grand Pacific	Hotel Grand Pacific
9:30am	Group Ride	Start & end at Hotel Grand Pacific
12:00pm	Lunch	Triathlon Canada HQ
1:00pm	Seminar (TBD)	Triathlon Canada HQ
3:00pm	Recovery Run	Triathlon Canada HQ
4:00pm	Wrap up session	Triathlon Canada HQ
5:00pm	End of Camp	

[CLICK HERE TO SUBMIT AN EOI](#)