

When are you ready to turn Pro?

Triathlon Canada, as the national governing body, sets the criteria for all professional athletes in Canada to be eligible to race in International Triathlon Union (ITU) and IRONMAN events in the elite/professional field. Athletes who meet the [criteria](#) earn their [International Competition Card](#) (ICC).

Upon receiving an ICC, athletes are eligible to apply for an ITU race (e.g., ITU Long Distance Triathlon World Championships) or an IRONMAN Professional Card.

Other Considerations

Turning “pro” however requires more than an uncompromising commitment to excellence. It is a lifestyle, a passion and a business. Before making this leap consider the following aspects of “what it takes.”

Mental Strength: Racing among the best in the world requires mental strength and tenacity. In the journey as a professional athlete you have to manage the lows in order to persevere to the highs.

Time: To race as a Canadian professional triathlete, you need to be able to dedicate 20-30 hours/week to training, recovery and nutrition. It is a full-time profession to be competitive against the best. On top of this, if you are fortunate to have sponsors, you must dedicate time to sponsor commitments and promotion.

Financial Management: To race professionally full-time you must consider yourself as a business. Can you support your training costs, nutrition, health team (e.g., massage, physiotherapist, chiropractor care), travel costs and living expenses? If you get injured and are not able to race, are you still able to support yourself?

The best way to know if you have what it takes is to talk to professionals who have followed their passion successfully and are living out their dream job.

Some Resources to read:

<http://www.codybeals.com/2016/12/my-third-year-pro-triathlon-budget/>



<http://www.triathlonmag.com.au/training/physiology/7142-10-steps-to-becoming-a-pro-triathlete>