COMPETITIVE FOR LIFE



LONG TERM ATHLETE **DEVELOPMENT (LTAD) MODEL**

HIGH EXPOSURE TO THE SPORT

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

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

National Championships,

ELITE MULTISPORT

Targeted Athletes: Elite (Pro) Level of Competition: International

Events: ITU Multisport World Championships

Coach: Competition

Targeted Athletes: Age Group

Level of Competition: National/International Events: Age Group World Championships Age Group National Championships

Coach: Community

Events: Development Series.

Domestic Continental Cups

Coach: Competition

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

PHYSICAL LITERACY DEVELOPING