

A triathlon is a multiple-stage competition involving the completion of three continuous and sequential endurance activities. While many variations of the sport exist, the most popular form involves swimming, cycling and running over various distances.

Triathletes compete for fastest overall course completion time, including timed “transitions” between the individual swim, cycle, and run components.

Variations include aquabike (swimming and cycling), aquathlon (swimming and running), duathlon (cycling and running), cross triathlon (swimming, mountain biking and trail running) and long-course (ultra long distance 3-day triathlon covering 510 km in separate stages).

Within Triathlon Canada, there are many different streams for athletes to follow, from first-time grassroots programs for beginners to the Olympic Games. Exploring each athlete stream allows you to understand which applies best to you or your child/children. In turn, knowing your pathway allows you to find all the information and resources best suited to your triathlon experience.

There are two main streams for triathletes in Canada:

Performance

Dream of standing on the podium at the Olympic/Paralympic Games or other elite multisport international competitions (e.g. long course, cross)? Then Performance is your stream. Get inspired by reading about our National Teams, find out about the pathway to high-performance and learn about upcoming sanctioned events. And then get in touch with your provincial sport organization.

Age-Group

Have a personal goal of aiming as high as you can within the amateur world? Then age-group is your stream. The age-group stream is athletes of all ages and abilities pursuing the triathlon lifestyle. Within the age-group stream are first time participants and dedicated athletes who have represented Canada multiple times at age-group championships or are participating in sprints through to Ironmans. Check out our age-group National Teams to see what’s possible, and get in touch with your provincial sport organization to access a wide range of information such as how to find and join a local club, connect with training resources and coaches, and learn upcoming race details