

# Triathlon Canada: Long Term Athlete Development

Long Term Athlete Development (LTAD) outlines the prospective path for triathletes in relation to their years of training, growth, and competitive focus. Active Start and Fundamentals create a foundation of movement and activity that all children and youth should acquire in order to progress onwards in their sport of choice. Sampling, Specializing, Investment, and Maintenance describe the competitive stream for athletes aspiring to Elite levels of Triathlon. Athletes may enter the Active For Life stream at any point during or after their competitive career. Active for Life represents participation, health, and lifestyle-based activity.

