



Kids of Steel®

Kids of Steel® or KOS is the National title for youth triathlon events and programs across Canada. All KOS events follow a similar philosophy emphasizing “sport for all”, inclusion, and community.



All athletes and parent-guardians, whether recreational or competitive, are expected to demonstrate the following behaviours at KOS events:

- respect for everyone
- encourage “finishing is winning”
- turn around at the finish and cheer the next person to the line
- friendly, supportive interactions

Triathlon Training for Children and Youth



Triathlon training for children and youth emphasizes:

- fun and friendship
- skill development in all sports (swim, bike, run, transitions)
- basic techniques and a wide variety of movement abilities within each sport
- speed of movement
- participation in a wide variety of sports; triathlon as cross training
- seasonal participation in formal triathlon activities
- swimming, cycling, and running with family for fun and fitness



Triathlon training for children and youth DOES NOT emphasize:

- competitive focus prior to puberty
- long distance training
- year-round triathlon training
- specialization (i.e. only triathlon) prior to puberty
- high levels of anaerobic training
- modified adult programs and training with adults (in adult-oriented workouts)
- programs based solely on chronological age. *Triathlon programs for children and youth take into account an athlete’s developmental / maturational age and time in the sport)

Long Term Athlete Development (LTAD)

Kids of Steel® and triathlon Youth Development programs follow LTAD guidelines and are part of the Canadian Sport for Life (CS4L) movement.



Competitive triathletes do not peak, or reach their highest performance until 5 to 10 years AFTER puberty.

The recommendations for youth in triathlon are based on growth, maturation, and a holistic approach focused on SPORT FOR LIFE in both performance and participation streams. See diagram to the right for a summary.

Summary of Triathlon LTAD Model

For complete LTAD booklet see www.triathloncanada.com

