The focus of this stage is the stabilization of performance on demand characteristics and excellence within the highest level of performance at the ITU, World Championships and Olympics. This is the final phase of athletic preparation that only a very small minority will achieve.

**STAGE 7**
**TRAIN TO WIN**
Ages 19+ Female | 19+ Male

Transfer from the training environment to a competitive environment is the core focus of this stage. Athletes must consolidate technical skills and maintain ancillary skills and underlying physical capacities. During this stage training volume remains high while intensity increases with the importance of competitions. The training season is typically extended and is disciplined and triathlon specific.

**STAGE 8**
**TRIATHLON FOR LIFE**
Ages 19+

The final stage focused on making the transition from physically literate and confident triathlete to lifelong participant in the sport. Continued experience with triathlon through group training, racing, and giving back to the sport through volunteerism and coaching. When a positive experience in triathlon has been established in other stages of development, athletes will continue participating and staying involved. Prepare elite athletes for post-competitive lives and careers through the development of life skills, mentorship programs, professional development opportunities, and career and academic preparation.

*At this stage, athletes 13+ may consider the draft-legal pathway (see alternative pathway stages).*