

Athletics NS Recommended Courses and Delivery by LTAD Stage



| LTAD Stage | Age | Recommended Course | Sessions/Week | Months/Year | Delivery | Competition | Specialization |
|----------------------|------------------|-------------------------------|---------------|-------------|--|---|----------------|
| Active Start | M 0-6, F 0-6 | RJTW Trained | 2 | 2-3 | Club, Municipality, Rec. Department, School | None | None |
| FUNdamentals | M 6-9, F 6-8 | RJTW Trained | 2 | 2-3 | Club, Municipality, Rec. Department, School | RJTW, Tetrathlon | None |
| Learning to Train | M 9-12, F 8-11 | RJTW Trained | 2 | 3-4 | Club, Municipality, Rec. Department, School | RJTW, Tetrathlon | None |
| Training to Train | M 12-16, F 11-15 | Sport Coach Trained | 3 | 5-6 | Club, High School | Athletics NS Events, NSSAF, Other | 2-3 Sports |
| Learning to Compete | M 16-18, F 15-17 | Club Coach Trained | 3-4 | 7-8 | Club, High School | Athletics NS Events, NSSAF, Other | 1-2 Sports |
| Training to Compete | M 18-21, F 17-21 | Performance Coach Trained | 4-5 | 9-11 | Club, University | Athletics NS Events, University, Other | Athletics |
| Learning to Win | M 20-23, F 20-23 | Performance Coach Trained | 4+ | 10+ | Club, University, Athletics Center | Athletics NS Events, University, International, Other | Athletics |
| Winning for a Living | M 23+, F 23+ | Performance Coach Certified | 5+ | 10+ | Club, Athletics Center | Athletics NS Events, University, International, Other | Athletics |
| Active for Life | Any Age | RJTW, Sport Coach, Club Coach | | | Club, Municipality, Rec. Department, School, Other | Athletics NS Events, Recreational Events | None |