

LTD Podium Pathway – General Training & Competition Guidelines

Developmentally Appropriate Training

Stages of Development: **Train to Train-T2T**, **Train to Compete-T2C**, **Train to Win-T2W**

	T2T: Pre-Novice / Novice		T2C: Junior		T2W: Senior	
	On-Ice	Off-Ice	On-Ice (J/S)		Off-Ice (J/S)	
Singles / Pairs / Dance	5 days / week 10-12 hours / week	4 to 13 hours / week	5 days / week 12-15 hours / week		7.5 to 14 hours / week	
	T2T: Novice		T2C: Junior		T2W: Senior	
	On-Ice	Off-Ice	On-Ice	Off-Ice	On-Ice	Off-Ice
Synchronized Skating	5 to 7 hours / week (team) 4 to 6 hours / week (individual skills development)	3 to 5 hours / week (team / individual)	8 to 12 hours / week (team) 3 to 4 hours / week (individual)	4 to 8 days / week (team / individual)	10 to 14 hours / week (team) 2 to 4 hours / week (individual)	6 to 10 hours / week (team / individual)

Stage Appropriate Provincial/National/International Competitions – July 1 calendar

LTD STAGE	T2T: Pre-Novice / Novice		T2C: Junior		T2W: Senior	
Age Limits	Refer to Rulebook		Refer to Rulebook		Refer to Rulebook	
Disciplines	Pre-Season	Season	Pre-Season		Season	
Singles / Pairs / Dance	Summer 1-2 competitions	Fall/Winter 2-4 competitions	Summer 1-2 competitions		Fall/Winter 4-8 competitions	
	Notes: <ul style="list-style-type: none"> 65% of the season focuses on developing technical/tactical skills, mental and self-skills, and physical capacities. 35% of the season is dedicated to preparing for competition. 		Notes: <ul style="list-style-type: none"> 50% of the season focuses on developing technical/tactical skills, mental and self-skills, and physical capacities. 50% of the season is dedicated to preparing for competition. 			
	T2T: Novice		T2C: Junior		T2W: Senior	
	5 competitions during the season		4 to 6 competitions during the season			
Synchronized Skating	Notes: <ul style="list-style-type: none"> 70% of the season is dedicated to developing the athlete. 30% of the season is dedicated to preparing for different competitions. 		Notes: <ul style="list-style-type: none"> 50% of the season focuses on developing technical/tactical skills, mental and self-skills, and physical capacities. 50% of the season is dedicated to preparing for different competitions. 			

The above guidelines apply to athletes that train and compete in one discipline. These recommendations may differ for athletes involved in multiple disciplines and those in Sport-Études programs.

Athlete Development Matrices (ADM)

1. Technical & Tactical ADMs: [Singles / Pairs / Dance / Synchro](#)
Video Hub: [Singles / Pairs / Dance / Synchro](#)
2. Mental and Self-Skills
3. Physical Capacities

