LTAD Framework For Cross-Country Skiing

Active For Life

Stage	Age	Category
Training to Win	Females 23 +/- Males 23 +/-	High Performance Sport
Training to Compete	Females 19-23 +/- Males 20-23 +/-	High Performance Sport
Learning to Compete	Females 15-19 +/- Males 16-20 +/-	Building Physical and Mental Capacity
Training to Train	Females 11-15 Males 12-16	Building Physical and Mental Capacity

Physical Literacy

Stage	Age	Category
Learning to Train	Girls 8-11 Boys 9-12	Fundamental Sport Skills
FUNdamentals	Girls 6-8 Boys 6-9	Fundamental Movement Skills
Active Start	Girls 0-6 Boys 0-6	Fundamental Movement Skills