



Train Where Olympians Are Built

Whistler Nordic Development Centre



TWO PATHWAYS. ONE STANDARD: HIGH PERFORMANCE.

This is where athletes stop training alone – and start training with intention, structure, and world-class support.



This Is Not Just a Program

It's a **daily performance environment** designed to move athletes forward – technically, physically, mentally and tactically.

- Assertive coaching, individualized plans, consistent support
- Progression planned and based on international standards
- Real results, proven on the world stage (over the last 8 years: 6 olympians, 9 WC starters are WNDC alumni)

If you're serious about biathlon, this is where that commitment gets matched.



What Makes WNDC Different

You Don't Just Train. You Train with purpose and guidance in the Right Environment.

Facilities that remove limitations:

- Olympic biathlon range – **year-round and unlimited access**
- 4.5 km roller ski loop + 12.5 km climb
- On snow training access **7 months/year**
- Fully equipped multi purposed room - HUB (strength, mobility, dry fire, recovery)

NEW for 2026–2027: Unlimited Roller Ski Treadmill Access (WOP)



Technique

Ski technique & efficiency refinement



Intensity

Controlled intensity sessions



Testing

Consistent performance testing (Incremental, MAS, lactate)

Coaches and IST Work With You

- Optimized **coach-to-athlete ratio**
- IST from Canadian Sport Institute available directly in Whistler
- Daily presence and availability for individualized feedback
- Programming that adapts – not static plans
- Monthly check up with our Team Doctor of Chiropractic (included in team fee)

Support Beyond Training

- Partnership with **Canadian Sport Institute**
- Backed and subsidized by **Whistler Sport Legacies (WSL)**
- Subsidized accommodation available
- Flexible work opportunities with WSL

Choose Your Path

INTERNATIONAL RACE PROGRAM

For athletes competing at the highest level

You're already racing internationally – now you need precision, structure, and support that matches that level.

You get:

- Fully individualized training + strength programming
- Bi-weekly performance check-ins
- Remote support during travel and race season
- Video analysis to refine technique (remote)
- In-person training blocks in Whistler (up to 4 weeks)
- Race support at Trials & Nationals

You belong here if:

- You qualify for **IBU Cup or World Cup before Christmas**
- You have recent IBU/WC race experience
- You've completed prep phases with WNDC

DEVELOPMENT RACE PROGRAM

For athletes building toward elite competition

This is where structure replaces guesswork – and daily coaching accelerates progress.

You get:

- Individualized training + strength programming
- **Daily coached sessions (5+ days/week)**
- Race support at: Trials & Nationals, Regional preparation races

This is not passive development.

This is **daily progression in a high-performance environment.**

You belong here if:

- You are striving to gain racing experience and aiming for strong results at the national and international level
- You may or may not have already got exposed to international standards (Junior cups, Youth & Junior World Championships)
- You've completed prep phases with WNDC

Program Overview & Fees – 2026–2027 Season

Training Phases

General Preparation
May 4 - September 6
Specific Preparation
September 7 - November 8
Racing Season
November - March 21

Program Fees

Preparation Phase (May – November)	\$5,500
International Race Program (November – March)	\$1,200
Development Race Program (November – March)	\$3,200
Next Gen Program	\$200/month
International Experience Program	Contact Head Coach for Prices