

TRITRAIN ENDURANCE COACHING

2016 Triathlon Season Team & Individual races include:

Sprints & Olympics

(but we'd like to see this grow...if you have suggestions):

- Desert Tri March
- LA Triathlon Series March, April, May
- Malibu Triathlon September

70.3's:

- Oceanside 70.3 April
- St. George 70.3 May
- Boulder 70.3 June
- Hawaii 70.3 June
- Vineman 70.3 July
- Santa Cruz 70.3 September

140.6 & M.Dots:

- Ironman France June
- Ironman Switzerland July
- Challenge Roth July
- Vineman Full July
- Ironman CDA August
- Ironman Mont Tremblant August

Rates & Packages 2016:

140.6 / FULL: \$260 / 4wk macro (minimum 6 cycles)

Includes training plan
Weekly coached workouts, nutrition planning, coach access, race prep
Dedicated race plan based on the number of athletes training for specific race
Customization, level of coach involvement (training / event day),
individual training & nutrition analysis available*

70.3 Rates: \$160 / 4wk macro (minimum 4 cycles)

Includes training plan
Weekly coached workouts, nutrition planning, coach access, race prep
Customization, level of coach involvement (training / event day),
individual training & nutrition analysis available*

Sprint / Oly Rates: \$105 / 4wk macro (minimum 2 cycles)

Includes training plan
Weekly coached workouts, nutrition planning, coach access, race prep
Customization, level of coach involvement (training / event day),
individual training & nutrition analysis available*

Basic Monthly Membership: \$55 / mo.

Access to weekly coached workouts. No plan

* Additional fees may apply

TriTrain Endurance Coaching offers 4 weekly coached workouts:

COACHED SWIMS: MONDAY 7:15pm @ Crossroads Elementary, Santa Monica

• 7 lane, heated outdoor pool • Clean, heated locker rooms & showers • Private lot parking

COACHED TRACK WORKOUT: THURSDAY 7:15pm @ Beverly Hills High School track

Track and occasional off-track runs

COACHED BRICK: SATURDAY

Locations and start times vary depending on team & athlete needs

COACHED OPEN-WATER SWIM & LONG RUNS: SUNDAY

Locations and start times vary depending on team & athlete needs

Open water will start weather permitting. Locations will vary, offering the ocean-afraid as many opportunities as possible to swim outside of the pool.