



TriLife 2009 Half Ironman Team

Thank you for your interest in training with TriLife. This email is your introduction to the TriLife Half Ironman Team for 2009. Please take a moment to review – we are very excited as we look forward to 2009.

Overview of 2009 Team Program

The TriLife Half Ironman Team for 2009 has a new look. Instead of the traditional, half ironman race-specific short-term programs, TriLife coaches believe that peak performance will be achieved through a comprehensive, "holistic" training package. For 2009 we will offer a segmented 10-month program with an additional free season of "decompression" programming. Athletes experience a year of carefully crafted, coached and supervised developmental program. The result – peak training experiences and race results.

PRE-SEASON: October - December 2008

This phase will be dedicated to in-depth focus on sports technique, skills, strength and power development, and will include overall flexibility and core strength enhancements. These are the aspects of the holistic triathlete development that most athletes avoid, skip or ignore. Swim, Bike and Run technique sessions will focus on improving athlete's knowledge and self-awareness, and feel for the sport, allowing athlete to train smarter, be more efficient and to become faster.

SPRING BUILD: January - May 2009

This phase will build upon the advances from the PRE-SEASON. It may also serve as a stand-alone Spring Half Ironman Training program - 5 months to prepare for a Spring Half-Ironman race and/or to enhance all components of individual fitness in anticipation of the upcoming race season.

* TriLife will target Half Ironman races that fall two weeks before or after April 20th (races include St. Croix 70.3, California 70.3, New Orleans 70.3, Harriman Half Ironman and the New Jersey Devilman).

SUMMER PEAK: May - August 2009

Building upon the previous phase, this Summer Half Ironman Training will consist of a four-month segment to prepare and peak athletes specifically for a Summer Half Ironman 2 weeks before / after August 1st and will include a post-race fitness maintenance program from August through September 2009. Athletes are encouraged to register for the NYC Triathlon in advance to secure their race spots. The NYC Triathlon will be a training race for TriLife in 2009.

* TriLife will target Half Ironman Races that fall two weeks before and after August 1st (races include Timberman 70.3, Rhode Island 70.3, Vineman 70.3, Steelhead 70.3, Calgary 70.3, Antwerp 70.3, Lake Stevens 70.3).

DECOMPRESSION: August - October 2009 - Decompression

This final segment will provide ½ Ironman athletes with a free post-season training that will serve as a healthy and sensible bridge between 2009 and 2010 race seasons. It will include recommended training sessions plan, coached team runs and other group activities.



TriLife Coaching, nyc

2009 Programs

Fee structure

(note, race registration cost is not included)**

Athletes may register for the following:

Annual Program.....\$2,500.00

** A \$400 savings on the overall cost of the programs if you register by September 15, 2008

Pre-Season Training Program Only.....\$600.00

(Registration deadline – September 15)

Individual Half Ironman Programs.....\$1,150.00

(Registration deadlines based on Race Sell Out Rate– **Spring – October 1, 2008 / Summer April 1, 2009**).

Registration process (please let us know your intention ASAP as space is limited)

#1 - Email earl@trilife.org with your request to be included in the 2009 Half Ironman Training team and what program you would like to register for.

#2 - Athletes will receive a questionnaire to fill out and return to earl@trilife.org.

#3 – TriLife coaches will contact athletes to follow up with any questions they may have and to discuss planning for the upcoming season and race specific goals.

#4 – Finalize creation of the Half Ironman Team 2009 and notification of team athletes.

- Teams fill quickly. Athletes are asked to make a deposit (20% of the total program cost) at the time of registration to reserve space.

If you have specific questions, please contact Earl Walton at earl@trilife.org

Summary outline of the TriLife Half Ironman Training Program experience

- 3 to 4 Coached Sessions Per Week
- Wednesday 5:10AM Coached Ride / 5:30AM during winter months
- Thursday 7:00PM Coached Run
- Saturday Morning Coached Swim/Bike/Brick
- Monthly Training Log and review
- Weekly Training Plan – detailed daily activities description
- 2 Weekend Training Camps in New Paltz, New York, featuring bike, run, swim, and cross-training activities as well as clinics and training camp environment.
- Race Weekend Support (based on # of race participants)
- Clinics – running, cycling, nutrition, sport technique
- Free access to Asphalt Green Swimming Pool for the TriLife coached sessions
- Special discount opportunities from running and cycling retail partners

** All athletes are required to attend mandatory pre-season cycling clinics (if they do not attend Pre-Season Training Program) to learn safety, skills, group riding and Central Park etiquette. This is not negotiable.

About TriLife Coaching nyc

TriLife is entering its sixth year of training New York City athletes for the Ironman and Half Ironman distances. Over the past years we have seen remarkable results for our athletes and an incredible and exciting growth in the sport of triathlon. Our mission has always been to make triathlon training a part of a healthy, balanced and goal-driven lifestyle. We hope that you will join us for the next stage of your athletic development.

Thank you for your time, we look forward to seeing you achieve your goals in 2009

Earl, George, Nina, Renee, Adam, Ross, Scott

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