

TriLife IronTeam 2013



Prospective TriLife Athlete –

Congratulations on your decision to complete an ironman distance triathlon, and thank you for considering TriLife Coaching. We are proud to be the longest running ironman distance training program in the Tri State area. Since our first season in 2003, we have trained hundreds of local athletes for their first or fastest ironman events in Lake Placid, Europe and Kona, Hawaii. We have worked with athletes of every performance level, and are as proud of those trying to beat course cutoff times as those who are vying for age group awards. For us, dedication and passion for personal improvement are more important than athletic talent. We are proud of the accomplishments and dedication of our athletes and our coaching staff, and we look forward to the coming season and helping you meet or beat your goals. We are confident that we offer the highest quality of training feedback and team training experience, and encourage you to compare our program and coaching staff with all other local programs.

COACHING STAFF

Your investment in training and your sport goals are very important, so the next step to determine if our program is right for you is worth careful determination. We are offering a personally coached group-training program led by New York's most experienced endurance athletes-coaches who will be with you every step of the training journey. Coaches that will be with you face-to-face in the pool, riding and running. We take great pride in our program, and the training and racing successes of our athletes. But it is worth the effort to deliberate if our program, known for its structure and demanding nature requiring serious commitment, is a right one for you. So we look forward to answering all of your questions, and hope you will take time to meet TriLife alumni to find out how they achieved their goals and what you can expect from TriLife coaching staff. While coaches will lead you through your training program and sports skills acquisition, your teammates will push and support you on your every step. To learn how group training dynamic works, we would like to invite you to meet some of the coaches and athletes on Tuesday evenings at 6:45 pm at the Loeb Boathouse in Central Park. Please email ross@trilife.org if you are interested in joining a session.

IronTeam Head Coaches: Scott Willett and Ross Galitsky

IronTeam and Sport Specific coaches: Earl Walton, Bill Weiss, George Vafiades, Renee Gerardo, Dennis Ball, Jaqueline Lake, Iwan Axt, Michael Farrell, Adam Lake, Rob Maldonado.



PROGRAM PHILOSOPHY

We understand how daunting ironman distance training can be for both novice and experienced athletes. There are many miles to swim, bike and run. Endless training miles often become aimless training miles. Our proven periodized training program will help you to avoid training burnout, and keep your mind motivated by providing fun and stimulating workouts in a supportive and competitive team atmosphere.

Our experience suggests that athletes need 10-16 hours of training per week to achieve their goal of completing their first ironman distance race and have it be a healthy and fulfilling experience. TriLife coaches have a holistic approach to multisport training that does not include only relentless swimming, cycling and running miles. We encourage the integration of strength and flexibility, core work, massage and other cross-beneficial activities. We also strongly believe that athletes should acknowledge and address their weaknesses through focused technique drills during all stages of training. Finally, we promote frequent use of Bricks (combination workouts) to prepare your body and mind for the unique demands of ironman distance.

Your overall training program will be broken down into training cycles. The first few months will focus on improving skills and technique while you are building, or maintaining, an aerobic base. Later, you will add weekly session(s) dedicated to building sustained cycling and running strength. You will learn to love and conquer hills while staying in your aerobic zone. The second half of base training will see the increase of volume and intensity. It will be a gradual process, with regularly scheduled recovery weeks. During this period you will start focusing even more on interval training. Initial sessions will be sub-lactate threshold, but will build to more intense short and fast efforts that will challenge your ability to retain good technique while fatigued. As your conditioning improves, you will be challenged with progressively longer and harder efforts. During the peak cycle, we will be fine-tuning your event-specific preparations. A taper period will allow you to recover, rest, and re-energize for race day. You will finish your training with renewed respect for the challenge of an ironman distance and ability to meet and beat the challenge.



PROGRAM DURATION:

11 month Race Preparation Program, starting the first week of October, and continuing through your race day, followed by a post event Decompression Program.

RACE SEASON FOCUS EVENTS:

Ironman Lake Placid, Ironman USC ("NY/NJ") and Ironman Mt. Tremblant. Other ironman distance races that fall within a reasonable time frame of above events may be included. Contact Head Coaches to review the timing of your Focus Event.

COMMUNICATIONS AND PLANNING:

TriLife Coaching will provide a detailed Weekly Training Plan and Monthly Training Plan/Log. These will help you track workouts, plan ahead for appropriate scheduling and review progress with the coaching staff. Athletes will be invited to join a Yahoo! Group and this will be the communications hub for the 2013 IronTeam. Athletes will also have access to a workout log, articles and additional coaching tools.

Throughout the season coaches will evaluate form, technique and fitness using a variety of tools. However, the strongest tool we have is our eyes and ears. If we can **see** you on a regular basis and communicate about your progress – you will make progress. If we do not see you, it is very difficult to gauge the effect of your training and make adjustments to personalize

TECHNIQUE FOCUS:

All athletes are required to participate in **swim/bike/run technique and skills clinics** during the initial training cycle. Efficient technique is the cornerstone of your long-term athletic progress!

WEEKLY SCHEDULE:

Monday: **ACTIVE REST** day. A day without endurance training, to recover from weekend activities and to prepare for the week ahead with yoga, Pilates and/or stretching.

Tuesday: **Coached group RUN** session and “supplements”: running workout starts at 7:00 pm at the Loeb Boathouse in Central Park. Typically, run concludes with “supplements” of field strength, core training, ABS sandbox, and/or stretching. Tuesday is also a day that can include a potential “double” – another bike session that will also be described in the weekly training plan.

Wednesday: **Solo SWIM** session. Athletes are encouraged to swim together at the pool of their choice.

Thursday: Coached group **BIKE** session**: athletes are split into small training groups, each with a dedicated coach. Workout starts at 5:30 am from Tavern on the Green, and will move to a 5:15 am start later in the training season.

Friday: **Solo SWIM** session. Athletes are encouraged to swim together at the pool of their choice.

Saturday: Two coached group training sessions: indoor or outdoor **SWIM** session (geared to your level of technique and fitness) and, depending on the time of the season and the training mini-cycle, **BIKE** or **RUN** or **BRICK** session later that day.

Sunday: Solo endurance **BIKE** or **RUN** session, typically the “long run” day. Athletes meet, if desired, and run in groups together.

* Schedule may change based on program/weather conditions. All training sessions are detailed in advance in the weekly training plan but might be modified by coaching staff on-site.

**Indoor coached cycling option is provided between January - March.

TRAINING CAMPS:



TriLife will conduct 5 weekend training camps in New Paltz, NY and other locations and a 4-day Memorial Weekend training camp in Lake Placid, where you will train on the swim, bike and run race course of Ironman Lake Placid. All these camps focus on terrain-specific sessions that replicate race environments. The training camp courses and sessions have been developed and tested to provide valuable learning for the rigors of the ironman distance racing. Camps provide athletes with the opportunity to face the logistical challenges of a race weekend and to progress through an increased set of training durations. These camps also allow athletes to escape too-familiar training venues of New York City and see some of the amazing riding and running opportunities outside the city (In fact, TriLife coaches have more descriptonal variations of word “hill” than Eskimo Inuit’s for word “snow.”)





FEES:

\$3,250 for the complete 11-month program (\$60 per week)

Athletes who pay complete program fee at start of program receive a \$250 discount and pay only \$3000. Initial program payments are due by September 15th, 2012.

All athletes must make an initial minimal 3-month commitment to the training program. After the 3-month non-refundable commitment contract of \$1,000, athletes may continue on a \$750 per calendar quarter basis (three payments are due on December 15th, March 15th and June 15th). All programs include initial interviews and evaluations, minimum of three coached sessions per week, monthly and weekly training plans, training camps, access to the pool for coached sessions, technique development clinics (including video analysis), seminars and articles, coaching access, coaching support at the training and main race events and team discounts.

Note: program fees do not include race entry, accommodations, travel, equipment and gear.

REGISTRATION PROCESS:

1. Complete the Athlete Application Questionnaire for IronTeam2013.
2. Complete the interview process with TriLife coaching staff. We will contact you to schedule an interview after receiving your Athlete Application Questionnaire.
3. Return signed IronTeam Registration Forms with payment by September 15th, 2012. Forms are distributed after completion of the interview process.

"You are an Ironman".

We appreciate the dedication it takes to earn those fabulous final four words acknowledging your time, effort and success. At TriLife Coaching, we take your Ironman as seriously as do you, and promise to provide the highest quality training and racing experience.

Thank you for considering TriLife Coaching and the IronTeam Training Program.

TriLife Coaching nyc

Legalistic small print

This training program is based on proprietary coaching methodology. All information, including e-mails, training plans, schedules, and sessions, articles and any other information distributed by TriLife Coaching is copyrighted and not intended for any further distribution. 3-month initial payment is non-refundable. The remaining prepaid fees may be rebated pro-rata.

