

## TriLife Half Ironman 2013



It is my extreme pleasure to introduce you to the TriLife Half Ironman team. TriLife started in 2004 with 20 intrepid souls who wanted to complete an Ironman. Since that first season, athletes have approached us with their goals to cross the finish line of Ironman and Half Ironman races from Lake Placid, NY and Quassy, CT to Las Vegas, NV and Kona, Hawaii. We have been extremely fortunate to work with determined athletes of every level and helped them cross finish lines of triathlons and Ultra Distance marathons. We are proud of the accomplishments and dedication of our athletes and coaching staff and we look forward to the coming season and the opportunity to take you to your goal.

Your coaching staff will lead you through your training program, your teammates will push your every step. We would like to invite you to meet some of your coaches and some of your future teammates on Tuesday Evenings at 7:00PM from the Loeb Boathouse in Central Park. (please email [earl@trilife.org](mailto:earl@trilife.org) to let him know you will be there).

In the meantime there are a few details you need to know about. I was going to underline and highlight important things in this letter, but I realized that I would have to highlight the entire thing – so, please read thoroughly.

Your coaching staff will be with you every step of the way – our name is TriLife as this sport has become an integral part of our lifestyle – we are looking forward to making it a part of yours.

See you soon,  
TL Coaches  
[www.trilife.org](http://www.trilife.org)





## Coaching Staff:

Your training and goals are important, so please take the next step and determine if the TriLife training program is right for you. In short, we are offering a personally coached group-training program led by New York's most experienced endurance athletes-coaches. We take great pride in our program, and the training and racing successes of our athletes. 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 your coaching staff. We encourage you to check our program and coaches reputation, and compare what we are offering compared to all other programs.

### Half Ironman Team Coaching Staff

Earl Walton - Head Coach - [earl@trilife.org](mailto:earl@trilife.org)  
George Vafiades – Cycling and Strength Specialist  
Renee Gerardo – Assistant Coach  
Adam Lake – Assistant Coach  
Bill Weiss – Assistant Coach  
Rob Maldonado – Assistant Coach  
Ross Galitsky – Coach / Sage  
Scott Willett – Coach / Sage  
Dennis Ball – Assistant Coach  
Michael Farrell – Assistant Coach  
Jaqueline Lake – Assistant Coach



## Weekly Schedule\*:

- Monday: Active Rest. A day off to recover from weekend activities and to prepare for the week ahead with yoga, Pilates or general strength and stretching.
- Tuesday: Coached Bike\*\* – 5:30AM from Tavern on the Green. Athletes meet coaches and ride in small coached groups. As temperatures allow, this group will move to a 5:00AM start.
- Wednesday: Solo Swim Session. Workouts are delivered via the WTP. Athletes are encouraged to swim together at the pool of their choice.
- Thursday: Coached Run Session – 7:00PM from the Loeb Boathouse in Central Park.
- Friday: Solo Swim Session. Typically the “over distance” swim day
- Saturday: Coached Endurance Session. Pending the time of the season and the week, this is a morning session geared at increased mileage and time in motion. This includes a coached swim session geared to your swim level.
- Sunday: Solo Endurance Session. Typically the “long run” day. We encourage athletes to meet in groups to run together.

\*Schedule may change based on program/Weather. All workouts are detailed in advance.

\*\*Indoor Cycling will be provided between Jan. 1 – March 15



**Training Camps:**

Weekend Training Camps will be held 4-5 times throughout the Season based on Training Schedule. Training camps give athletes the opportunity to face the logistical challenges of a race weekend. Packing, scheduling and getting directions all with the knowledge of a long workout day ahead is truly a part of the multisport experience.

These camps also allow athletes and coaches to escape New York City and see some of the amazing riding and running opportunities just outside the city limits. Camps are held in New Paltz, NY and also on race sites in Quassy, CT (Rev3).



**Training Fees:**

**Full Season Program: November thru July.....2,070.00**

That is less than \$55 per week for your complete half-ironman program. Athletes must make an initial minimal 3-month commitment to the training program. Initial program payments are due by October 19th, 2012.

*\* note: fees do not include race entry*

**Race Season Only: January – July.....\$1,680.00**

This includes all training, planning, clinics. A structured and professional training program through the 7-month season.

If you are ready to get started, then let’s get going. You can officially register for the TriLife Program via email by sending an email to Earl Walton – [earl@trilife.org](mailto:earl@trilife.org). State your name and the season you wish to train for. We will send an official team contract and invoice. Now...are you ready? Read on....

**Race Season Schedule:**

We train our teams for a season and plan season goals that build on experience, fitness and knowledge. In order to structure this we assign A, B, C races.

“A” Race = Your best possible race, you are trained, you are ready. This is typically toward the July / August timeframe based on experience and fitness.

“B” Race = You are trained and fit but still need some race fine tuning – Typically an Olympic Distance Race for newcomers and a half ironman for veterans.

“C” Race = This is where we test our limits and get our race day logistics in order – typically a local sprint or Olympic Distance Race.

**2013 Focus Events:**

Race 1 – [Rev3 Quassy Oly](http://rev3tri.com/) – June 2013(<http://rev3tri.com/>)

Race 2 – [Mount Tremblant 70.3](http://ironmanmt.com/) – June 2013 (<http://ironmanmt.com/>)

\*\*additional races are being considered.



Additional “B” and “C” races will be added to the schedule as needed. If you are planning an “A” race other than that mentioned above, please contact [earl@trilife.org](mailto:earl@trilife.org)

**Communication:**

Athletes will be invited to join a Yahoo! Group and this will be the communications hub for the 2013 Half Ironman Team. On a weekly basis athletes will be provided a workout plan with detailed workouts that follow the schedule (see below). Athletes will also have access to a workout log, articles and additional coaching tools through the Yahoo Group.

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.

**Season Preparation:**

Am I in shape?

This is a big question. The training program will begin on November 1, 2013 and believe it or not, this is only a few weeks away. So what do we recommend for the next few weeks – BUILD GOOD HABITS.

This is the time to get in your last kicks before training, and when I say that, I hope there is a kick board involved. The minute you started reading this, you became committed. So, the best thing to do now is to start to build good habits.

It’s simple – four easy steps:

**1. Start to exercise on the days that match the program days.**

Monday	Day of Rest
Tuesday	Swim/Stretch
Wednesday	early morning bike
Thursday	evening run
Friday	swim/strength
Saturday	endurance bike
Sunday	endurance run



**2. Eat Smart**

Start eating as if you were training. This doesn’t mean more, this means eat well. Start to understand your diet now so when you start the program you know what provides energy and what saps energy.

**3. Check your gear**

What do I need? What still fits, what will need to be purchased and what needs an upgrade.

NOTE: There are two mandatory items on our list and one strongly recommended.

- Cycling light – white on the front, red for the back. Do not show up without this or you will be sent home via subway.
- Cycling Helmet – you will NEVER ride with the group without a helmet and you should NEVER ride without it anyway.
- Bike – Get the one that makes you want to get up early and ride it.



#### **4. Get a lesson**

Some of you have mentioned that you are uncomfortable on the bike, swim or run portion. If you are really uncomfortable and could benefit from a one-on-one session with a coach let us know.

In closing - we will be scheduling a group run for the first Thursday in October to meet your new team mates and to kick the season off. In the meantime, if you would like to come out and meet folks in person, please come to a marathon practice and say hello – Tuesday evenings – 7PM at the boathouse in Central Park or Thursday mornings at 5:30AM at Tavern on the Green.

See you outside – TL Coaches

