



## TriLife RACE Program 2017

Thank you for your interest in the TriLife RACE program. Read on and you will find out more about:

- The TriLife team experience
- Our RACE Team program
- Our coaches
- Next steps for you



### The TriLife Team Experience

Ross Galitsky and Scott Willett founded TriLife in 2004 with the unique mission of providing athletes with a training program that comprehensively addresses the physiological, psychological and emotional adaptations required to not just finish, but to successfully compete in Ironman, Half Ironman and Marathon events. As competitive athletes themselves, and with decades of coaching and mentoring experience, TriLife coaches have a passion for the sport of triathlon, pursuit of personal athletic excellence, and a desire to share their knowledge and experience.

However, the true essence of TriLife is the magical way a group of people from all walks of life, with hugely variable athletic skills and experience, across a range of ages from 20 to 60+ come together every season to form a team. A team where lifelong friendships are made; where a team mate always has your back (spare goggles, lube, a ride anyone?); where teammates and coaches will push you to your limits and dole out tough love, but who will also be there with a hug and advice if you need it; a family of teammates and coaches who are invested in your journey and success.

When you join TriLife, like it or not, you become part of the TriLife family. Come visit us at <https://www.facebook.com/TriLifeRacing> to get a sense of who we are.

### The RACE Program

#### TYPICAL WEEKLY SCHEDULE:

- Monday: Solo active REST day. 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 RUN Session @ 7:00PM. Meet @ Loeb Boathouse in Central Park.
- Wednesday: Solo SWIM Session. Athletes are encouraged to swim together at the pool of their choice.
- Thursday: Coached BIKE session. Athletes are split into small training groups, each with a dedicated coach.  
Workout starts at 5:30am from Tavern on the Green in Central Park. Start time will move to 5:15 later in the training season. BIKE training will be indoors for an 12-week progression in January through March.
- Friday: Solo SWIM Session + Strength.
- Saturday: Two coached group training sessions: SWIM session (geared to your level of technique and fitness), and, depending on the time of the season and training mini-cycle, BIKE, or RUN, or BRICK session later in the morning.
- Sunday: Solo RUN or BIKE endurance session. Athletes usually meet and train together.

*Schedule may change based on program progression and weather.*





*All workouts are detailed in advance.*

**TRAINING CAMPS:**

Weekend Training Camps will be held several times throughout the season. These camps allow athletes and coaches to escape too familiar training venues of New York City, and to see some of the amazing riding and running opportunities just outside the city limits. Camps include a focus on terrain specific sessions that replicate race environments, and provide athletes with the opportunity to face the logistical challenges of a race weekend. Packing, scheduling and getting directions all with the knowledge of a long workout weekend ahead is truly a part of the multisport experience.



**PROGRAM FEES:**

**RACE SEASON Program (January - August, 2017)**

**\$1850.00**

Includes:

- Initial Injury Prevention Assessment by an experienced PT at Cynergy Physical Therapy
- Three or more coached sessions per week, including swim sessions
- Periodized training plan, including Weekly Training Plan with detailed recommended training
- Videotape analysis and feedback, including underwater filming for swimming
- Seminars and clinics by coaches and guest speakers
- Weekend training camps outside of NYC for training and course familiarization
- Race day coaching and support at designated events
- Team training environment
- Access to TriLife social events
- Team discounts at affiliate partners

Note: Program fees do not include race entry, race and training camp accommodations, travel and equipment

**\*\*\* TriLife offers a 12-week skills and strength conditioning development program starting September 27<sup>th</sup>, 2016. This B.A.S.E. Program is ideal for developing key elements of movement economy in swimming, biking and running: Balance, Agility, Strength and Efficiency.**

**BASE Program (October - December, 2016)**

**\$550.00**

**BASE + RACE Programs**

**\$2200.00\*\***

**\*\*Register and pay in advance for both RACE + BASE programs to receive this \$200 discount.**





## 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. Recommended in June, July or August.

### “B” Race

You are trained and fit, but still need some fine tuning. Typically an Olympic Distance Race for newcomers. Possibly a Half Ironman for veterans if it is far enough in advance of chosen “A” race.

### “C” Race

This is where you test your limits and get your race day logistics in order - typically a local Sprint or Olympic distance race, and single sport running, cycling or swimming events.

## 2017 FOCUS EVENTS:

### Potential A Races:

- Peak season: [Mont-Tremblant 70.3](#), QC June 25, 2017  
[Tupper Lake Tinman](#), NY DATE TBA, 2017  
(2016 date - Jun 25)  
[Syracuse 70.3](#), NY June 18, 2017
- Late season\*: [Timberman 70.3](#), NH DATE TBA Aug. 2017  
(2016 date - Aug 21)  
[Rev3 Maine 70.3](#), ME DATE TBA Aug. 2017  
(2016 date - Aug 28)  
[Lake Placid 70.3](#), NY Sept 10, 2017

### Potential B Races (Olympic distance):

- [REV3 Quassy Oly](#), CT June 4, 2017
- [NYC Tri](#), NY July 16, 2017

Additional “B” and “C” races (tri and running) will be added to the schedule as needed.

## NEXT STEPS FOR YOU

1. If you still have questions or concerns as to whether TriLife offers the right program and experience for you, or if you would be interested in coming out and guest training with us to that you can meet some of our coaches and athletes, send a message to Coach Scott ([scott@trilife.org](mailto:scott@trilife.org))
2. Complete the [TriLife2017 RACE Program application form](#), and a coach will contact you to discuss your goals.
3. Submit completed [Program Registration documents](#) and Program Fees by September 15 (BASE program) and December 15 (RACE Program).

We look forward to meeting you and learning more about your athletic goals,

Scott Willett, Ross Galitsky  
TriLife Founders and Head Coaches  
[Facebook.com/TriLifeRacing](https://www.facebook.com/TriLifeRacing)





## OUR COACHES:

### Ross Galitsky - Head Coach and Co-Founder

Endurance athlete for over 40 years including multiple ironman and ultra distance events. Professional coach for over 13 years. Swimmer in the USSR (Locomotive) since age of five, and in the US for NYU. Coaching specialty: mechanics of running and cycling, athletic motivation, environmental effects on “human machine”, and explanation of complex physiological and sport issues in the simplest terms. Ross’s coaching philosophy is *“It does not have to be fun to be fun”*.

### Scott Willett - Head Coach and Co-Founder

Scott Willett has been living and dreaming all things triathlon since 1979. In his 35+ years in the multi-sport world, Scott has participated in hundreds of events of all lengths from sprint to ultras, and coached over 1000 athletes to achieve their triathlon dreams. While his racing resume contains many overall wins, including a victory in the inaugural Ironman race in Israel in 1999, he is far more proud of his role in guiding his athletes to their first or fastest finish. Scott’s coaching philosophy is simple - *“It doesn’t have to be fun, but it sure makes it easier”*.

### Iwan Axt - Coach

RRCA certified running coach. 3-time IMLP finisher, 2009 MDS, TriLife athlete since 2004, North Face running club coach, TNT off-road program coach, CCCF Head coach. Interested in data analysis and logistics, sports psychology, engineering and physics

### Bill Weiss - Coach

2-time IMLP finisher and road racing cyclist (CRCA); multiple marathons, mountain bike races and mid-distance adventure races. Interested in: cycling: a student in the art of the paceline! Running: how to break 3 hours in the marathon. Swimming: how to swim

### Peter Niessen - Coach

TNT Assistant Marathon Coach (4-yrs), RRCA Certified Running Coach Endurance junkie: 4x IM, 10x HIM, 20x marathon, 4x 50 miles, 100 mile finisher. Primary coaching interest: running and bike coaching, and your data - Peter is a stats geek.

### Joel Volterra - Coach

Joel’s coaching philosophy includes an emphasis on efficient focused training with data collection and management aimed simply at improving one’s chances of racing well and closing the gap between your performance and your physical limitations. His unrelenting positive support comes from his lovely wife Barbara and joyous daughter Ava. He’s completed 5 ironmans, 11 half ironmans and 10 marathons. This includes qualifying and completing Boston Marathon and the Ironman World Championship in Kona!



