

TRILIFE IRONTEAM 2017

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

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



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 teammate 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 when needed, 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 on [Facebook](#) to get a sense of who we are.

THE IRONMAN TEAM PROGRAM

Typical 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 supplemental activities. Running workout starts at 7:00pm at the Loeb Boathouse in Central Park. Typically the run concludes with supplements of field strength, core training, sandbox ABS, and/or stretching. Tuesdays may also include a potential “double” - e.g. another solo BIKE session.
- 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. Training will move indoors for an 12-week progression in January through March.
- Friday:** Solo SWIM session. Athletes are encouraged to swim together at the pool of their choice.
- 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 the training mini-cycle, BIKE or RUN or BRICK session later in the morning.
- Sunday:** Solo endurance BIKE or RUN 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:

TriLife will conduct several weekend training camps in New Paltz, NY. Dates TBA. Additionally, there will be a 4-day training camp in Lake Placid, NY on Memorial weekend. The training camp sessions and routes have been developed to:

1. Allow athletes to escape the all 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 descriptive variations of the word "hill" than the Eskimo Inuit's word for "snow".
2. Provide valuable learning for the rigors of the ironman distance racing.
3. Train athletes on terrain specific sessions that replicate race environment
4. Provide athletes with the opportunity to face the logistical challenges of a race weekend and to progress through an increased set of training durations.

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 July or August

"B" Race = You are trained and fit, but use this for race fine tuning. We recommend a Half Ironman event far enough in advance of chosen A Race.

"C" Race = This is where you test our 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:

A Race*	IM Lake Placid, NY	July 23, 2017
	IM Mont-Tremblant, QC	August 20, 2017
B Race	Tupper Lake Tinman, NY	DATE TBA, 2017 (2016 date - June 25)
	Mont-Tremblant 70.3, QC	June 25, 2017
	Syracuse 70.3, NY	June 18, 2017
C Race	REV3 Quassy Oly, CT	June 4, 2017

*If you are planning an "A" race other than that mentioned above, please contact ross@trilife.org
Additional "B" and "C" races will be added to the schedule as needed. Alternate races that fall within reasonable time range of "A" race are possible.

Program Fees:

IRONMAN TRAINING PROGRAM (Sept. 27, 2016 - August, 2017)

\$3,500 for the complete 11 month program. \$3,250 for full payment in advance (\$65 per week).

- In depth interview and evaluation assessment
- Initial Injury Prevention and Follow Up Assessments 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, including IM course familiarization camp in Lake Placid
- 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, accommodations, travel, equipment.

THE FINE PRINT

Payment Terms

- \$250 discount for full program payment up front of \$3250
- Initial program payments are due by September 21, 2016
- All athletes must make an initial minimal 3-month commitment to the training program.
- After the 3-month non-refundable commitment contract of \$1,100, athletes may continue on a \$800 per calendar quarter basis (quarterly payments due December 15, March 15 and June 15).

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 want to come out and guest train with us so that you can meet some of our coaches and athletes, send a message to Coach Ross (ross@trilife.org)
2. Complete the online [TriLife IronTeam2017 Athlete Application Questionnaire](#)
3. Complete the interview process with TriLife coaching staff. We will contact you to schedule an interview after receiving your Athlete Application Questionnaire.
4. Return signed IronTeam Registration Forms with payment by September 15, 2016
**Registration forms are distributed after completion of the interview*

“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.

Ross Galitsky / Scott Willett
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!