

Triathlon Coaching Plans - Nutrition in Motion

updated may 2008

Program Details	Apex	GetFit2Tri	e-plan
Initial assessment to review your goals, athletic background, strengths/weaknesses in specific disciplines of triathlon and training availability. Realistic approach to attain goals	✓	✓	✓
Monthly training schedule based on goals, ability and time availability			
---Detailed training session descriptions (which include brick and weight training workouts)	✓	✓	✓
---Training sessions based on Heart Rate, intensity, etc	✓	✓	✓
---Time and distance for each session	✓	✓	✓
--- Additional notes about form, etc as needed	✓	✓	✓
---Detailed training schedule includes periodization, build-up and taper for races	✓	✓	✓
---Swim lessons - 6 session package (6 x 30 minute lessons)	✓	\$240	n/a
---Swim lessons - 1 x 30 minute session	n/a	\$45	n/a
---Swim video taping - 1 session	✓	\$65	n/a
---Nutrition package - 3 x 1 hr sessions including initial session	✓	\$300	n/a
---Nutrition strategies and guidelines for supplements, etc	✓	\$110/hr	n/a
---Race day nutrition analysis, strategy	✓	\$110/hr	n/a
---Race day selection (A, B or C races: peak performance, finish or training respectively)	✓	✓	n/a
--- 1 session with coach per month - pick one swim, cycling or running session (can be track or pacing), or weight training	✓	\$100/hr	n/a
---Recommendations on race selection, equipment selection, and whatever else is needed	✓	✓	n/a
-- BIA testing - Basal Metabolic Rate, fat %, LBM %, hydration, etc	✓	\$40/test	n/a
Unlimited access to coach via email and phone (within reason)	✓	n/a	n/a
Limited access to coach via email and phone (1 phone session per month; 1-2 emails per week)	n/a	✓	n/a
Limited access to coach via email; no phone contact unless emergency	n/a	n/a	✓

Other Benefits with Program

---Nutritioninmotion yahoo groups list - connect with other clients about triathlon, nutrition and swimming or whatever you want to discuss	✓	✓	✓
---Discount on clinics and other services (nutrition coaching sessions and swimming lessons) during off-season	✓	✓	✓

FEES

		3 Months	6 Months	12 Months
One time assessment fee-All Plans		\$ 125	\$ 125	\$ 125
Program fee per month	Apex	\$450	\$375	\$250
	GetFit2Tri	\$175	\$160	\$150
	eplan	\$60	\$55	\$50
Total program fee	Apex	\$1,350	\$2,250	\$3,000
	GetFit2Tri	\$525	\$960	\$1,800
	eplan	\$180	\$330	\$600

Additional NIM services for extra fee per hour

--- nutrition analysis to include health issues if present in family history or in current situation
--- daily nutrition analysis and overall weight management issues
--- grocery shopping assistant
--- meal planning made easy - to fit your schedule
--- race day nutrition planning
--- supplement review - nutrition and sports supplements
--- swim stroke analysis - video taping, swim lesson, etc.
--- swim lessons - one at a time or package of 6
--- swim with your coach to better understand how to use the clock (swim on intervals, etc)
--- swim lessons - private - stroke analysis, drills, technique critique, swim sets to improve speed, etc
--- weight training session for proper form, change in routine, etc
--- cycling review - 1 hour session with coach to analyze form and improve technique

Ancillary Services provided by associates

BiancaSimpson.com
---Periodic field testing for heart rate, etc
---VO2 and threshold testing
---BMR testing
---Run analysis?

--- combine efforts for learn2swim,bike & run4Tri clinics