



2010 Group Training Membership Options

Our 2010 membership options allow you to choose a level of membership that fits your goals, your budget, and your desired level of commitment. The 2010 season has full memberships and drop in packages available.

Spring Session Mar 15th - May 9th \$250. \$225 early bird*

Summer Session May 10th - August 29th \$450. \$425 early bird*

Drop in packages: 5 for \$75. 10 for \$130. & 15 for \$165.

Each session will include 4 structured workouts per week that may vary depending on season: 1 swim (pool and open water), 1 track/speed run, 1 brick (bike to run), 1 long ride or run, race simulations, and monthly skills clinic. Athletes will also receive a comprehensive training plan on Training Peaks written by head coach Andie Bernard with collaboration from coach Eric Schwartz, a four-time Ironman finisher and Duathlon National Champion. Each athlete's Training Peaks account also includes a training and nutrition log.

Boulder Workout Locations

DAY	TIME	LOCATION	TYPE
Tues	6pm	CST or FAC*	Strength or Run
Thurs	6:30am	FAC or Elks pool, Open Water*	Swim, Track, Open Water
Sat	9am	Various	Brick(bike to run)
Sun	9am	Various	Long ride/run

Boulder Workout Locations **Gyms:** Flatiron Athletic Club (FAC) and Colorado Sports Training (CST). **Pools:** FAC, Rec Center pools, Elks Club. **Open Water:** Boulder and Union Reservoirs. **Track:** Fairview and Boulder High School, and various Boulder Trails and Roads of Boulder County.

*Gym entry included. Pool entry fee applies. Open water starts after Memorial Day.

Denver Workout Locations

DAY	TIME	LOCATION	TYPE
Mon	7am	Denver Rec Pools*	Swim
Thurs	6pm	Healthstyles Studio*	Various
Sat	9am	Cherry Creek State Park or Wash Park	Brick (bike to run)
Sun	9am	Various	Long bike/run

Denver Workout Locations **Pool:** Denver Rec Center pools. **Open Water:** Chatfield and Cherry Creek Reservoirs. **Track:** Denver South High School. **Gym:** HealthStyles Fitness Studio.

*Gym entry included. Pool entry fee applies. Open water starts after Memorial Day.

www.tribabesttraining.org



2010 Personal Training & Coaching Options

Contact Coach Andie at 303-859-8999 or coachandie@gmail.com to sign up!

I. Personal Training and Coaching

Get the benefits of one-on-one attention with Tri Babes head coach Andie Bernard. Choose from a variety of options that include group and one-on-one training, individual personal training sessions and private triathlon coaching sessions. A variety of packages are available. Check the website for details.

Strength and conditioning • Swim lessons • Run analysis and technique

II. Online Coaching

A. **Personal coaching** - get the benefits of one-on-one attention with Tri Babes head coach Andie Bernard.

Diva Training Plan - Individualized monthly online coaching and training plan with monthly workouts for swimming, cycling, running, and/or strength training. Monthly field test and lactate threshold tests used to establish training zones. Unlimited email/phone contact. One time set up free \$99 Monthly fee \$150

B. **Pre-Built Plans** - You receive a TrainingPeaks.com online account where you can log in to access your entire workout calendar, download your training data, and receive daily e-mailed workouts.

Sprint 8 weeks	\$99	Half-Ironman 16 weeks	\$175
Olympic 12 weeks	\$145	Ironman 20 weeks	\$199

REGISTER EARLY AND SAVE!

EARLY BIRD RATES: dates listed on website.

BUDDY DISCOUNTS: 3 friends - save \$25 each, 6 friends - save \$50 each, 10 friends - save \$75 each

Complete details, benefits, sponsor list, coach bios, and registration links on our web site at:

www.tribabesttraining.org