

Elite Fitness Concepts Triathlon Training Team

Presented by:



Welcome to the Team!

The six-month triathlon training team program will educate and train a small team of clients through a series of clinics and practices including a race prep clinic with open water swim that will provide them with the skills, training and confidence necessary to complete either the Luray International or Luray Sprint Triathlon (www.luraytriathlon.com) in mid-August (or other similar event in the fall). The program begins in mid-February and culminates in mid-August with the Luray Triathlon.



Cost for 6-month program: Only \$495!

Team Structure

The team will meet approximately once a month beginning in February for a 2-hour clinic and workout at Elite Fitness Concepts at Belmont Greene (except for swim clinic). The team will have its own team web page on enduranceworks.net with a coach-moderated message board, which will serve as a forum to ask questions, find training partners and share training tips and lessons learned.

Program includes:

Component

1. Skills clinics / workouts

Additional Information

- Endurance Sports Training & Conditioning; Gear
- Swimming with stroke analysis and videotaping
- Bike maintenance, skills and training
- Race Day – transitions, nutrition, schedule, etc

- 2. Luray Race Prep Clinic
 - Includes open water swim in Lake Arrowhead
 - Choice of 3 dates – May 3, May 31 and Aug 8
 - Participants can attend any or all clinics
- 3. Six-month training schedule
 - Progressive, detailed workout schedules
 - Choice of 3 levels: Beg / Int / Adv
- 4. Luray Triathlon entry
 - Either international or sprint race.
 - Onsite course briefing with race director
- 5. Schwag
 - TBD
 - Examples: Team t-shirts, nutrition product samples, vendor discounts, water bottles, etc

Proposed Timeline of Events

DATE	TYPE	EVENT
Feb	Clinic	Endurance sports conditioning, training, nutrition
Mar	Clinic	Swim (pool) – stroke, drills, videotaping
April	Clinic	Bike – training, bike repairs, skills, BRICKs
May 3	Practice Option #1	Luray Race Prep Clinic (w/ Open Water Swim)
May 31	Practice Option #2	Luray Race Prep Clinic (w/ Open Water Swim)
July	Clinic	Race Day – what to expect, nutrition, transitions
Aug 8	Practice Option #3	Luray Race Prep Clinic (w/ Open Water Swim)
Aug 15	Race Option #1	Luray International Triathlon
Aug 16	Race Option #2	Luray Sprint Triathlon

Other Services Available

The following optional add on services will be available to all participants:

- One on One Triathlon Training Consult
- Bike Fit
- Personal Training
- VO2 Max Test – Bike and Run
- Resting Metabolic Rate
- Private Swim Lesson w/ Videotaping

Questions or Need Additional Information :

Please contact David Glover at: david@enduranceworks.net or 703-431-3641.