



2011 Group Training Membership Options

Our 2011 membership options allow you to choose a level of membership that fits your goals, your budget, and your desired level of commitment. The 2011 season has full memberships and drop in packages available.

Boulder Main Season (2011): **March 1 - Aug 31 \$400, \$375 early bird***

Summer Session (2011): **May 28 - Aug 31 \$199**

Drop-In Cards: **5 punches \$75 10 punches \$130 15 punches \$165**

Main season includes a group workout everyday of the week except a rest day on Monday: swim sessions (pool and open water swim), long runs, running track/speed/hill sessions, long rides, brick sessions, and a comprehensive training plan on Training Peaks. Each athletes' Training Peaks training plan also includes a training and nutrition log. Membership also includes sponsor discounts, race simulations, and monthly skills clinics.

Summer session includes the same as the main season with a focus on Transition practice, Bricks (Bike to Run) and Open Water swim techniques.

Boulder Workout Locations:

Pools: Boulder Rec Center pools, Elks Club.

Open Water: Boulder and Union Reservoirs.

Run/Brick: Local tracks, Boulder Res and various Boulder Trails in Boulder County.

*Open water starts after Memorial Day.

www.tribabestraining.org



2011 Personal Training & Coaching Options

Contact Coach Andie at 303-351-2776 or tribabestraining@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 & conditioning • Swim lessons • Run analysis & 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.

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

www.tribabestraining.org