



▶ **TRIPLEX TRAINING**

TRAIN YOUR BODY IN THE 3 DIMENSIONAL WORLD

Triathlon Training Packages

Services	Individual + Triplex Workouts \$300/month	Individual Plan \$200/month	Group Plan \$100/month
Triplex Group Workouts	XXXX		
Progressive Long Term Plan	XXXX	XXX	
Race Strategy/Planning	XXXX	XXX	
Nutritional Guidance	XXXX	XXX	
HR/RPE Training Guidance	XXXX	XXX	
Unlimited Recovery Boots	XXXX	XXX	
Training Peaks Premium	XXXX	XXX	
Unlimited Coach Access	XXXX	XXX	
Race Support/Team Tent	XXXX	XXX	X
Training Peaks Account	XXXX	XXX	X
Discounted Races/Entry	XXXX	XXX	X
Discounted Gear	XXXX	XXX	X
Educational Clinics	XXXX	XXX	X
ITU workouts	XXXX	XXX	X
Group Rides	XXXX	XXX	X
Group Swims	XXXX	XXX	X
Group Runs	XXXX	XXX	X



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Other Services

Initial Athlete Consultation

\$75

This meeting is designed to make sure you and your coach start off on the same page to help establish a baseline for your training in order to help you meet your expectations. You will go over things such as;

- Injury history
- Medical conditions
- Fitness/training, and race history
- Determine training/race goals
- Establish daily schedule

Threshold Field Testing

\$50/\$70

• Running or cycling field testing designed to determine functional threshold power and/or pace, heart rate, and training zone data to best facilitate your training needs.

Swim/Bike/Run Analysis

\$50/\$70

- In person analysis of form in one of the above disciplines.
- Determinations of weaknesses and areas that need improvement.
- Specific instruction on how to improve performance.
- *Price is per session, per activity*

Nutritional Education & Planning

\$50/\$70

- Daily nutritional education and/or planning.
- Meal prep planning.
- Macronutrient/Micronutrient intake breakdown.
- Training and racing nutritional education and/or planning.

Race Planning & Preparation

\$50/\$70

• How to get ready for each race, transition set up, and during race plan.

Personal Training

Varies

- One-on-one sessions at Triplex Training to assess and work on muscular imbalances that your body may have.
- Focus on training your body in all three planes of motion (transverse, sagittal, frontal) to better simulate the forces your body goes through during life.