



Triathlon Training Schedule 2014  
With  
Coach Kathy Goody



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00-6:00am	Personal Training Triathlon	Advanced Tri Swim/Class		Advanced Tri Swim/Class	Personal Training Triathlon
6:00-7:00AM	Triathlon Studio Cycling	Intermediate Tri Swim/Class		Intermediate Tri Swim/Class	Personal Training Triathlon
7:00-8:00AM		Beginner Tri Swim/Class		Beginner Tri Swim/Class	Personal Training Triathlon
8:15-9:15AM		Core Strength		Core Strength	
11:00AM-12:00 PM		Beginner Tri Swim/Class	GET YOUR FEET WET Training	Beginner Tri Swim/Class	Run Training
5:30-7:30 PM	Youth Run/ Swim Training		Youth Bike		Youth Run/Swim Training

**Advanced/Intermediate Tri Swim/Tri class/Tri Team Swim**

So you know how to swim/tri but are looking for a group to train with. We will do some drill work but mostly work on building strength and endurance to gain speed in the water. For the class we will cover all aspects of training and racing; swim/bike/run including use of the Computrainer Studio up at Cool Breeze.

**ONE ON ONE Personalized Triathlon Training/Private Swim Lesson**

With or without videotaping we will identify limiters and make good use of current training techniques for optimal results. Regular assessments to mark improvements will be a part of your individual plan. Swim, Bike or Run we will design the plan for you and keep you improving throughout the season.

**Beginner Tri Swim/ Class...** includes stroke analysis and evaluation with lots of drill work in swim plus a plan and workouts for bike and run including strength and special topics such as transitions. The very beginner through experienced athlete will learn the skills and techniques for triathlon racing.

**Triathlon Studio Cycling:**

Ride our own spin bikes or bring your own bike and trainer to train specifically for triathlon. We'll have an assessment period then build from technique to strength and then add endurance. We'll cover Time Trials, Hill Climbs and Interval riding to get you prepared for the races on your calendar.

**Interested in a special class designed by you?** YOU and at least 3 friends can meet with me and we will design your class. I'll set up a class for you and we'll cover all the aspects of -SWIM/BIKE/RUN and so much more. **See Kathy for appointment.**

**Core Strength:** You will see the difference in just a few weeks with this unique and effective core/strength program for improved flexibility, stability and performance. Starting with an anatomical adaptation phase then progressing through max strength, endurance and finally a maintenance program to keep you injury free all year.

**Run Training:** Train for The triathlon run or 5k, 10k, ½ Marathon and Marathon. We'll dial in your paces and technique then build strength and add distance for success and continued improvement.

**Triathlon Academy of the Carolinas: Adult & Youth Team:** Train with a group to reach your goals.

For More Information Call 704-766-2236 • Or Email: [kgoody@huntersville.org](mailto:kgoody@huntersville.org)