



Triathlon Training Schedule with USAT Certified Coach Kathy Goody



CERTIFIED COACH

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------|-----------------------------|--|----------------------|--|---|
| 5:30-6:30AM | Personal Training Triathlon | | | | Personal Training Triathlon |
| 5:00-6:00am | Personal Training Triathlon | | | | Personal Training Triathlon |
| 6:00-7:00AM | | Advanced/Intermediate Tri Swim/Class | | Advanced/Intermediate Tri Swim/Class | |
| 7:00-8:00AM | | Beginner Tri Swim/Class | | Beginner Tri Swim/Class | |
| 8:15-9:15pm | | Core Strength | | Core Strength | |
| 5:10-6:30 6:30-7:45 AM | | | Podium Computrainer | | Davidson Cycling Warehouse Computrainer |
| 10:00-11:00 AM | | Beginner/Intermediate Triathlon Training | | Beginner/Intermediate Triathlon Training | |
| 11:00-12:00 PM | | | | | |
| 12:00-1:00 PM | Tri team swim | | Tri team swim | | Tri team swim |
| 5:30-7:30 PM | Youth Run/ Swim Training | | Youth Cycle Training | | Youth Run/ Swim Training |

Advanced/Intermediate Tri Swim/Tri class

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

If you prefer to individually work on your goals- this is your option. We will identify limiters and make good use of advanced testing and 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.

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.

Podium Multisport and Davidson Cycling Warehouse Computrainer Studio

Come experience the most advanced indoor cycling training system used by professional multi-sport athletes. CompuTrainer™ *An amazing training system that tracks endurance, speed, heart rate and power all while you ride through a virtual terrain displayed on a large screen monitor.* Your own bicycle is required (road bike recommended).

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 of the components of swim, bike and run and more. **See Kathy for appointment.**

Youth Triathlon Training

Are you age 6- 18 and want to train in the sport of triathlon? This is the group for you. We here at the triathlon academy have Youth and Junior Certified coaches directing you in the sport, making it fun, and keeping it fresh. You can sign up for the TAC training or just drop in daily to our 3 x per week sessions.

For More Information Call 704-766-2236 • Or Email: kgoody@huntersville.org