



Triathlon Training Program

Program Goals

- Enable athletes of all levels to improve performance and achieve athletic goals
- Coordinate and balance training activities in all disciplines
- Provide a motivating, fun, supportive group-workout environment
- Help reduce the chances of injury and training "mistakes"
- Provide coaching services to members at a reasonable cost
- Give members flexibility to focus on one, two or three disciplines
- Provide multiple options to meet the wide variety of schedules, budgets and ability levels represented within the club

Program Details

- Coached by Sharon Johnson (TriFury Coaching Coordinator); assisted by Lisa Corbett
- Open to TriFury members only
- Initial Schedule: 16-weeks: April 30 - August 20, 2007
- Centered at the Andover/North Andover YMCA
- Integrated program of workouts covering all aspects of training
- Weekly workouts will provide balanced work in all disciplines
- Workouts will mesh with the MVS/TriFury track workout program, run by Fernando Braz
- Weekly Workouts (schedule below)
 - One pool session
 - One functional strength training session
 - One spinning or cycling session (depending on weather)
- Additional Sessions (weather/water temperature dependent)
 - Open water swimming at Stiles Pond (may become weekly depending on participation and need)
- Included for all participants, regardless of participation level:
 - Initial evaluation of goals, fitness level and triathlon skills
 - Ongoing review and monitoring of progress
 - All 3 workouts Emailed to you
 - Support via email for training questions and issues
 - Referrals to other coaching resources if needed (e.g., Bill Steele swim clinics, MVS track, PTS clinics, etc.)
- Participation levels
 - Level 1: One session per week: \$125 (~\$33/month)
 - Level 2: Two sessions per week: \$175 (~\$46/month)
 - Level 3: Unlimited sessions per week: \$220 (~\$58/month)
- Levels 1 and 2 can attend different workouts each week (e.g., you can go to a swim workout the first week, then attend the strength training workout the next)



Triathlon Training Program

- Weekly Workout Schedule – All sessions at Andover YMCA:
 - Monday 6:30-8:00 AM Swimming
 - Tuesday 7:30-9:00 PM Strength
 - Thursday 5:30-6:30 PM Spinning/Cycling

About the TriFury Coaching Coordinator

The Tri Fury Triathlon Club Board of Directors has appointed Sharon Johnson to the position of Coaching Coordinator. Sharon is one of Tri Fury's most accomplished athletes. She is a former member of Team USA, and has competed at the world-championship level. In 2006, she qualified for National long and short course championships, the National Grand Prix ½ Ironman Championships (finishing 6th overall woman, 1st Master at Musselman.) Sharon is a top ranked New England Amateur Triathlete and consistently USAT All American. She is a certified Pilates instructor, certified in sports nutrition for health and performance, a swimming coach, and will soon be a USA Triathlon Certified Coach.

As TriFury Coaching Coordinator, Sharon will run the first TriFury Training Program, and will coordinate all TriFury coaching activities, developing new programs and helping to direct all members to the appropriate programs and resources.

Lisa Corbett is an experienced endurance athlete, and will soon be a USA Triathlon certified coach. She has numerous age-group top finishes at sprint, international, and half-iron distances, and will compete in her first Ironman this summer. In 2006 she qualified for the Halfmax National Championships. Lisa is an active member of both the TriFury and Team Envision Boards of Directors. Her abundant energy and creativity have helped to ensure the success of many events for both teams.

For more information, contact Sharon Johnson via email: sharonj3@verizon.net. She will send you the Profile Form and instructions for registration and payment.