

# *T3Performance*

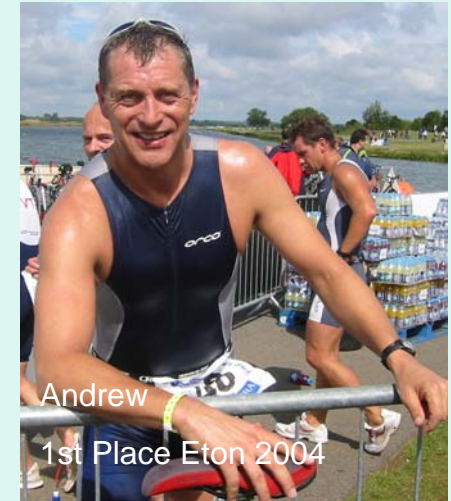
## *Bespoke Triathlon Coaching Programmes*

### Overview

The T3 Performance bespoke Triathlon training programmes are tailored to your specific requirements and lifestyle.

Generally speaking, an individual's experience, current fitness level, ability and time constraints all will play an important part in advising the athlete of the best balance of training that is required to reach the desired goals.

As in any programme, feedback and adjustments will be required along the way to ensure that the right training levels are being reached throughout the training period.



Andrew  
1st Place Eton 2004

Too much and the athlete can tip over the edge into the "over training mode", not enough and the performance may suffer, the wrong balance and the programme will be less effective than it should be for the effort put in by the athlete.

The assistance of a coach can help keep a sensible check on progress and advise on the best course to develop the right balance of training to fit with your lifestyle and give you the best chance of crossing that line!

*"It is not the miles but what you do with the miles that is important!"*

[www.T3Performance.co.uk](http://www.T3Performance.co.uk)  
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## *Bespoke Triathlon Coaching Programmes*

### Programme Constituents

We do not advocate the setting of parrot fashion scheduling and believe more in setting phased goals and priorities through the training period matched to you ability level and the stage of training that you are currently at.

This will allow you to adapt the programme to achieve the weekly or fortnightly goals within the designated training programme.

In order to design an effective individual programme we require as much training information as you can provide so that your current levels of fitness and capabilities can be assessed.

On top of all this we may need to look at your lifestyle and diet to ensure that the hard work and training you are doing is maximised, does not injure you, allows your immune system to recover and finally allows you to enjoy a balanced lifestyle!

Within each phase we aim to give you period targets, weekly plans and key workouts.

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### What you can expect / Costs

In summary we will provide:

- Periodised Plan with goals
- Mesocycle Goal Plan
- Weekly Training Plan by discipline
- Key Sessions to target
- Monthly consultations
- Race Guidance
- Training Feedback
- E- Mail query
- Weekly Calls (optional)
- Optional 1-2-1 Coaching at reduced rates

The cost of bespoke programmes will vary depending on the athletes needs and the length of the programme.

Please contact us, providing as much information in relation to what you are training for, your current level, applicable training history and the level of the training support you need.

Armed with the above information from you we can forward you an individual proposal detailing costs!

**Email us!**

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