

Beach2Battleship Full and Half Iron Distance Triathlon – Race Specific Training Program

TriCoach Carolina Personalized Coaching

Coach Ron begins with a phone or in-person interview along with a detailed Athlete Bio Form to build a personalized training plan from the ground up. The athlete's overall plan is then created and broken down into cycles to take the athlete from day one through the goal race and beyond.

After the initial consultation, every athlete receives a Training Peaks membership, where all workouts are posted and results logged. Coach Ron posts weekly workouts for each individual athlete and reviews workout results daily. This allows Coach Ron to make “on the fly” adjustments as needed.

There is no limit to athlete-initiated phone calls or emails. Coach Ron also conducts bi-weekly phone and email consult with each individual athlete to have the ability to fine-tune training even further.

Key Components of TriCoach Carolina Personalized Coaching

- Optimal for athletes of all levels seeking the most personal coaching program on the market
- Improve overall fitness and results at Beach2Battleship Half or Full Iron Distance
- Daily review of workout results, heart rate and power files
- Weekly modifications to athlete schedule based on feedback
- Race nutrition analysis
- Strength Training and Core Workouts
- Individualized race preparation and consultation
- Training Peaks membership

Special B2B Event Pricing

\$269

For more information, please contact Coach Ron at 704-254-0682 or coachron@tricoachcarolina.com