



10

WAYS A  
PERSONAL COACH

**IMPROVE  
YOUR RACE  
RESULTS**

[WWW.EXPERIENCETRIATHLON.COM](http://WWW.EXPERIENCETRIATHLON.COM)

# 10 WAYS A PERSONAL TRAINER CAN IMPROVE YOUR RACE RESULTS

At Experience Triathlon we believe that anything is possible! Triathlon is so much more than a race – it is a powerful, profound life experience that can help you unleash your unlimited potential to change your life in amazing ways, long after you cross the finish line. Whether you are a first timer or a veteran athlete, Experience Triathlon coaches provide education, workouts and a training plan that is safe, healthy and fun.

Make new friends who share your enthusiasm and encourage you on the journey. Arrive at the starting line prepared, confident and injury-free. Get ready to transform your dreams into reality. Experience Triathlon – where being a winner is as important as being the winner.

**Working directly with a USAT Certified Coach from Experience Triathlon is the best way to customize your training plan, optimize your performance, minimize injuries and have fun!**

Working with a professional USA certified coach means that you get the expert training and knowledge of race day procedure that most athletes are not privy too. No matter what level of race experience you have, knowledge about the sport is always power.

# 1 PREMIUM SUPPORT AND MENTORING

# 2 CUSTOMIZED TRAINING PLAN

Why is this important? Having a custom training plan tailored to your needs means that you will be following a program that plays to your strengths and also will aim to keep you injury free.

Not every workout, and exercise works for everybody-so having a professional evaluate what it will take to make the improvements you want is the key to fast and long term success.



# 3 COMPLIMENTARY CONSULTATION TO EVALUATE YOUR GOALS

In order to put together the best and most comprehensive program for you, the coaches need to understand your background and what you are looking to achieve. By going through this initial consultation it is ensuring that the proper application of workout volume will be applied, thus resulting in the right intensity for the individual, which should in turn lead to less injuries. Having a baseline to build off is key to seeing results grow!

Being accountable to your coach equals more workouts completed and higher overall performance levels that can be reached due to consistent work and improvement.

# 4 ACCOUNTABILITY

# 5 ABILITY ASSESSMENT(S) AND TRAINING GEAR ASSISTANCE

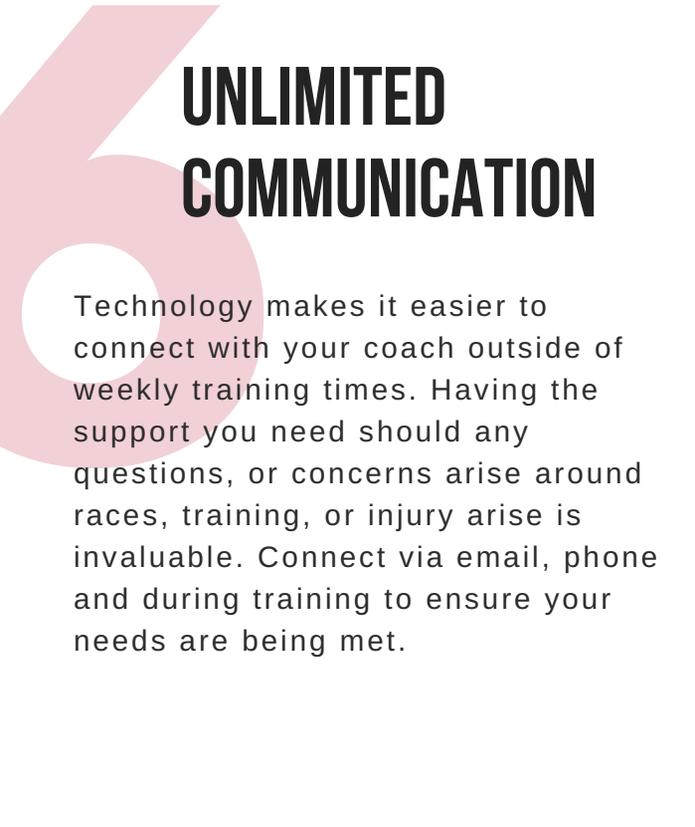
Working with a coach will allow them to continuously assess your swim, bike, and running ability. They will also be able to track progress on strength conditioning and make adjustments as needed on any area of the training. This pairs well with their advice and recommendations on bike fit, shoe selection, and training/clothing gear selection as needed.





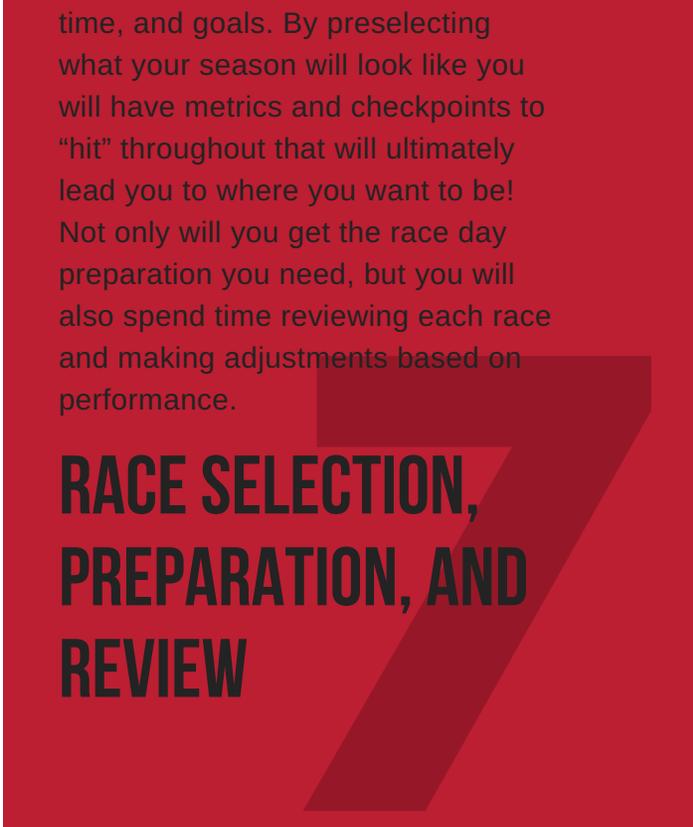
## POST SEASON SUMMARY

Taking a look back at all you have accomplished can be very rewarding. It will also open doors to new levels and help shape the goals you have for the next race season. By taking a look back, you can see how far you have come, but also look to the future and set the bar at new heights!



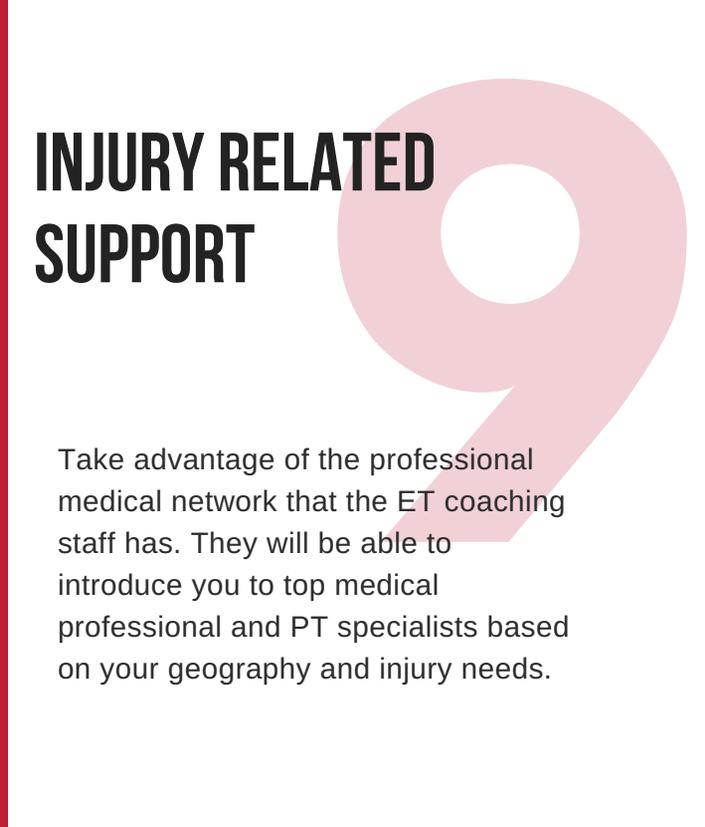
## UNLIMITED COMMUNICATION

Technology makes it easier to connect with your coach outside of weekly training times. Having the support you need should any questions, or concerns arise around races, training, or injury arise is invaluable. Connect via email, phone and during training to ensure your needs are being met.



## RACE SELECTION, PREPARATION, AND REVIEW

Not sure what races you should be doing? Your coach will help you make selections based on level, time, and goals. By preselecting what your season will look like you will have metrics and checkpoints to “hit” throughout that will ultimately lead you to where you want to be! Not only will you get the race day preparation you need, but you will also spend time reviewing each race and making adjustments based on performance.



## INJURY RELATED SUPPORT

Take advantage of the professional medical network that the ET coaching staff has. They will be able to introduce you to top medical professional and PT specialists based on your geography and injury needs.



You will get access to an online training plan account to receive your workouts and journal your results/data with your coach. This is exclusive to you and your coach, and no one else has access to this information. By charting your workouts, you can continuously build off that success season after season!

**PEAK PERFORMANCE  
TRAINING ACCOUNT**

# ...BONUS

## YOU GET THE ET CHEER CREW

What's it like to be part of the ET Family? Why is the ET Cheer Crew world famous? Check out this first class video produced by Hildebrand Creative. It captures the magic of Team Experience Triathlon. It's the way we roll. It's the ET Way!

## THANK YOU

FOR DOWNLOADING OUR FREE E-GUIDE TO THE 10 WAYS A PERSONAL COACH CAN IMPROVE YOUR RACE.

Want to learn to swim, get faster on the bike, or run longer? Experience Triathlon can help you reach your goals. We provide private and group coaching for all aspects of endurance training such as swimming, cycling, running, triathlon, nutrition and strength conditioning.

Do your first 5K run race or step up to your dream of doing a marathon or the Ironman triathlon. Our **professional and certified staff** can support your journey and get you to the starting line injury free with science based training plans and instruction.

Click below to learn more about Personal Coaching and schedule a phone call with ET head coach, Joe LoPresto.



**LEARN MORE ABOUT  
PERSONAL COACHING**

[CLICK HERE](#)