

Smurf & Smurfette

Triathlon Podcast, Coaching & Events



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The Age Group Triathletes

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	Strength & Conditioning	Run Program	Personal Training
	\$20/week	\$20/week	\$60 p/hour
Suitable For	<i>Anyone seeking to improve their strength, conditioning and fitness or to lose weight to meet athletic or life goals</i>	<i>Beginner to Experienced seeking a custom program for a season or in the lead up to a 5k, 10k, Half Marathon or Marathon</i>	Only available in the Theodore/Moura/Biloela area in Central Queensland, Australia
Program Type	Custom program delivered via Training Peaks developed to meet your goals, needs and life circumstances, updated fortnightly	Custom program delivered via Training Peaks developed to meet your goals, needs and life circumstances, updated fortnightly	One on One PT sessions to enhance athletic performance for your specific sport or life circumstances. One on One PT sessions to enhance weight loss, strength, conditioning and support athletic or life goals
Facebook	Exclusive access to members only Facebook group with videos, tips and resources		
Contact + Response Rate	Email, Facebook Messenger and Training Peaks; maximum 2-3 day response rate	Email, Facebook Messenger and Training Peaks; maximum 2-3 day response rate	
Training Peaks	Basic Account – weekly notes and feedback on sessions	Basic Account – weekly notes and feedback on sessions	
Program Review	Monthly	Monthly	
Pre Race Planning	n/a	Custom pre-race planning via email or 20 minute phone/skype	
Post Race Analysis	n/a	Post-race analysis via email or 20 minute phone/skype	
Coach Catch Up	Monthly 30 minutes via phone or skype	Monthly 30 minutes via phone or skype	
Program Modifications	Maximum 1 per week (24-48 hour turn around)	Maximum 1 per week (24-48 hour turn around)	
Annual Training Plan	n/a	Basic Macro and Meso Annual Training Plan with 2-3 month updates	
Technique Analysis (Video)	Not Included	Technique analysis every 2-3 months via video	
Program Set Up/Onboarding Fees and Inclusions			
\$50			
Basic Onboarding			
<ul style="list-style-type: none"> • Planning and programming survey • Pre-program information pack • 30 minute Skype meeting (face to face meeting for PT clients) 			