

THE MIAMI TRI CLUB

www.themiamitriclub.com



2024 Tri Club and Beginner Program Info Meeting

TODAY'S PRESENTATION

- A LITTLE ABOUT THE CLUB AND THE COACHES
- BENEFITS OF CLUB MEMBERSHIP
- THE BASICS OF GETTING STARTED IN TRIATHLON
- WHAT YOUR MEMBERSHIP GIVES YOU
- NEXT STEPS
- Q&A

COACH ANDY AND COACH GABE

- HEAD COACH OF THE MIAMI TRIATHLON CLUB AND ALIEN RACING
- BOARD MEMBER OF CLUB AND COACHES COMMITTEE FOR TRIATHLON BUSINESS INTERNATIONAL
- WORKED IN THE FITNESS INDUSTRY FOR OVER 25 YEARS WITH 13 YEARS EXCLUSIVELY COACHING TRIATHLETES
- 18x IRONMAN FINISHER
- FATHER OF A 2 ½ YEAR OLD SON
-
- HAS FORGOTTEN MORE ABOUT TRIATHLON THAN MOST PEOPLE KNOW
- SERVED AS OTHER TRIATHLON CLUB PRESIDENT AND LEADERSHIP ROLES
- BEGINNER TRIATHLON WHISPERER
- PROBABLY THE NICEST AND MOST GENUINE MAN YOU'LL EVER MEET!



COACH STEPH AND COACH CRISTINA

- 26x IRONMAN FINISHER
 - 3x IRONMAN WORLD CHAMPIONSHIP QUALIFIER (KONA)
 - 6x IRONMAN 70.3 WORLD CHAMPIONSHIP QUALIFIER
 - OVERALL WINNER OF SEVERAL LOCAL EVENTS INCLUDING SOUTH BEACH TRIATHLON, MIAMI MAN, AND TRI MIAMI
 - MOTHER, WIFE, AND BUSY PROFESSIONAL CAREER
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- MULTIPLE 70.3 FINISHES
 - MULTIPLE PODIUM FINISHES
 - JOINED THE PROGRAM AS A BEGINNER 5 YEARS AGO AND IS NOW A TOP PERFORMER
 - TEAM PARTY PLANNER AND SPECIAL EVENT GURU
 - MOTHER AND BUSY PROFESSIONAL CAREER



THE MIAMI TRI CLUB AND ALIEN RACING



“A CLUB FOR EVERY TRIATHLETE”

- **OUR MISSION IS TO PROVIDE A WELCOMING AND FUN SOCIAL CLUB FOR EVERY LEVEL OF ATHLETE.**





BENEFITS OF CLUB MEMBERSHIP



MAKE LIFELONG FRIENDS

GROUP WORKOUTS

WORKING OUT IN A GROUP IS FUN, MOTIVATING, AND INFORMATIVE. YOU WILL HAVE THE CHANCE TO COMPETE AND LEARN FROM OTHER ATHLETES.

- MONDAYS
 - 5:45PM: Q & A WITH COACH
 - 6:30PM: SPORT SPECIFIC CLINIC/WEBINAR
- TUESDAYS
 - 6:45AM: BRIDGE RUN (KEY BISCAYNE)
- WEDNESDAYS
 - 6AM: ZWIFT INDOOR CYCLING RIDE
- THURSDAYS (MOVE TO EVENING AFTER TIME CHANGE)
 - 6:45AM: TRACK SESSION
- SATURDAYS
 - 7AM: OPEN WATER SWIM / BEGINNER CLINICS AND WORKOUTS
 - 8AM: BIKE OR RUN
- SUNDAYS
 - 7AM: GROUP BIKE (TIME VARIES)
 - RUN AFTER BIKE (BASED ON TRAINING PLAN)





EDUACTIONAL CLINICS AND WORKOUTS



NEED TO LEARN THE BASICS OF FREESTYLE SWIMMING? PROPER RUNNING FORM? OPEN WATER SWIMMING? BIKE HANDLING? NUTRITION? DON'T WORRY WE HAVE YOU COVERED. OUR EXPERT COACHES HAVE CREATED AN EXHAUSTIVE LIST OF TOPICS THAT HAVE PROVEN VITAL OVER THE YEARS TO ALL ATHLETES WE'VE COACHED.

Beginner Open Water Swim Clinic

Key Biscayne

2/3 at 7:30am



Triathlon Specific Run Form

Key Biscayne

2/3 at 9:00am



Beginner Bike Handling Clinic

Key Biscayne

2/4 at 8am



Clinic: Your Online Training Plan

Webinar

2/5 at 6:30pm



Clinic: Triathlon Gear/Apparel Basics

Mack Cycle and Fitness

2/10 at 11am



Clinic: Fueling and Hydration Basics

Webinar

2/12 at 6:30pm



Beginner Open Water Swim Clinic

Key Biscayne

2/17 at 7:30am



Triathlon Specific Run Form

Key Biscayne

2/17 at 9:00am



Clinic: Heart Rate Training 101

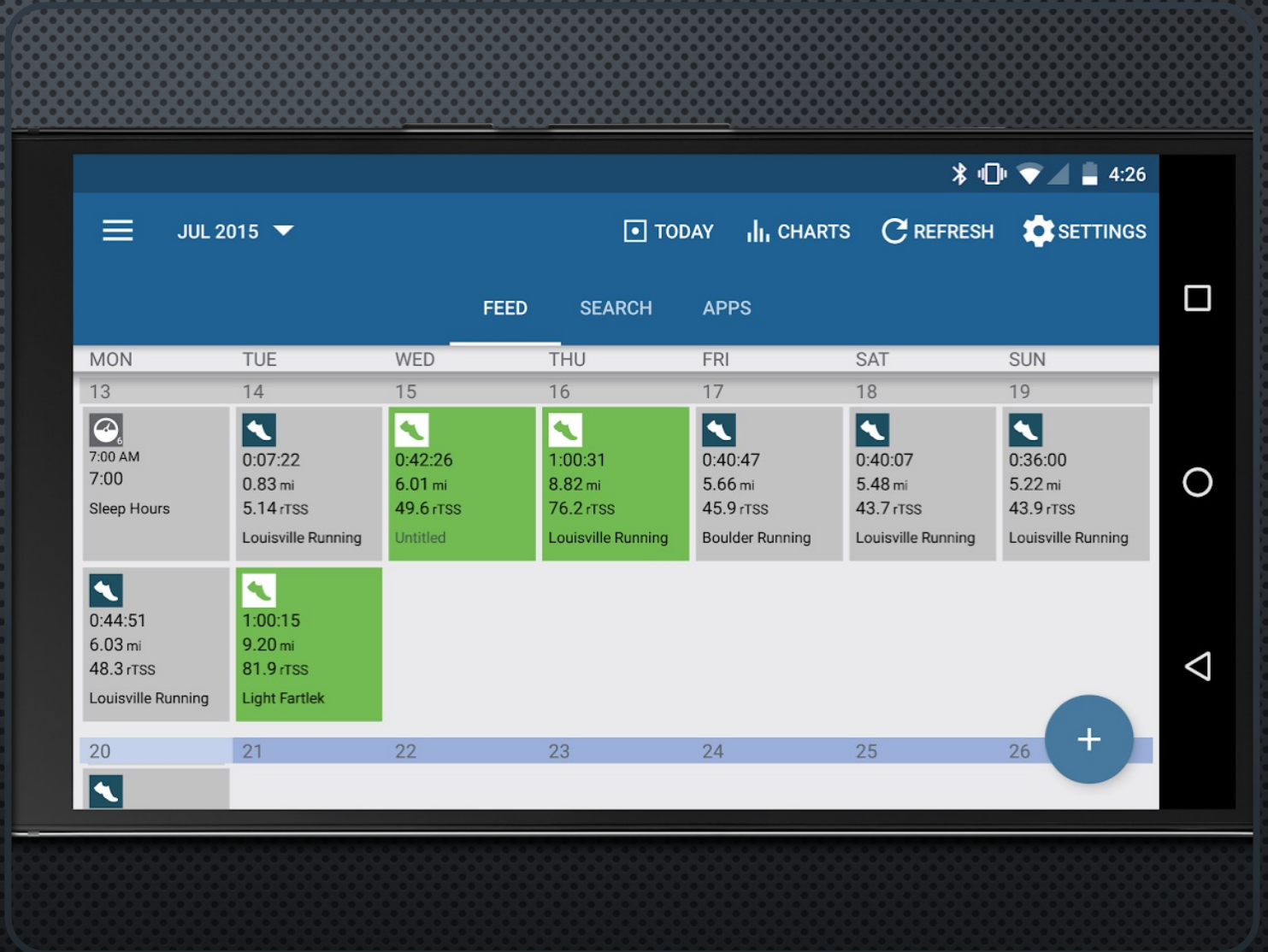
Webinar



















2/19 at 6:30pm

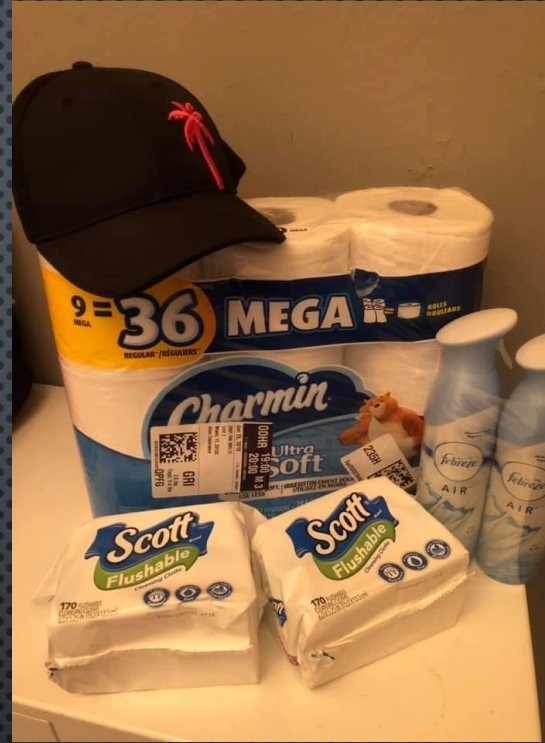


YOUR ONLINE TRAINING PLAN

EACH ATHLETE RECEIVES A TRAINING PLAN DESIGNED TO START FROM SQUARE ONE. YOU WILL LEARN THE BASICS AND PROGRESS IN A MANNER THAT ENSURES LONG TERM SUCCESS AND FUN. THINK YOU'RE A LITTLE MORE ADVANCED THAN SOME BEGINNERS? NO PROBLEM WE HAVE MANY DIFFERENT PLANS TO MEET YOUR NEEDS AND GOALS.



	MON	TUE	WED	THU	FRI	SAT	SUN	>	SUMMARY
Week 1	Day 1	2	3	4	5	6	7		
	<div><div></div><div>Run (Recovery) 0:20:00 Run</div></div>	<div><div></div><div>Run (Bridges) 0:30:00 P: If using a treadmill use a 3-4% incline. Run</div></div>	<div><div></div><div>Bike (Aerobic) 0:30:00 P: YOU MUST WEAR A HELMET! Bike</div></div>	<div><div></div><div>Bike (Intervals) 0:30:00 Bike</div></div> <div><div></div><div>Drills A 0:30:00 600 yds Swim</div></div>	<div><div></div><div>Rest Day Day Off</div></div>	<div><div></div><div>Open Water Swim 0:30:00 P: This will NOT be a continuous 30min swim! Swim</div></div> <div><div></div><div>Run (Aerobic) 0:20:00 Run</div></div>	<div><div></div><div>Bike (Aerobic) 0:30:00 P: YOU MUST WEAR A HELMET! Bike</div></div>		<div><div>Total Duration</div><div>4:10 00:00</div></div> <div><div>Swim Duration</div><div>1:30 00:00</div></div> <div><div>Swim Distance</div><div>1050 0.00 yds</div></div> <div><div>Bike Duration</div><div>1:30 00:00</div></div> <div><div>Run Duration</div><div>1:10 00:00</div></div> <div><div>Training Stress Score 0 TSS</div></div>
Week 2	Day 8	9	10	11	12	13	14		
	<div><div></div><div>Run (Recovery) 0:20:00 Run</div></div>	<div><div></div><div>Run (Bridges) 0:30:00 P: If using a treadmill use a 3-4% incline. Run</div></div>	<div><div></div><div>Bike (Aerobic) 0:30:00 P: YOU MUST WEAR A HELMET! Bike</div></div>	<div><div></div><div>Bike (Intervals) 0:30:00 Bike</div></div> <div><div></div><div>Beginner Swim D 0:30:00 500 yds Swim</div></div>	<div><div></div><div>Rest Day Day Off</div></div>	<div><div></div><div>Open Water Swim 0:30:00 P: This will NOT be a continuous 30min swim! Swim</div></div> <div><div></div><div>Run (Aerobic) 0:25:00 Run</div></div>	<div><div></div><div>Bike (Aerobic) 0:40:00 P: YOU MUST WEAR A HELMET! Bike</div></div>		<div><div>Total Duration</div><div>4:25 00:00</div></div> <div><div>Swim Duration</div><div>1:30 00:00</div></div> <div><div>Swim Distance</div><div>1100 0.00 yds</div></div> <div><div>Bike Duration</div><div>1:40 00:00</div></div> <div><div>Run Duration</div><div>1:15 00:00</div></div> <div><div>Training Stress Score 0 TSS</div></div>



RACE DAY **VIP** ATHLETE EXPERIENCE!

STRONG SOCIAL COMPONENT, TEAMMATE SUPPORT, AND FUN!

WE HAVE PLENTY OF OPPORTUNITIES TO GET TOGETHER AND WEAR SOMETHING OTHER THAN SPANDEX. YOUR NEW TEAMMATES WILL BE ENCOURAGING AND MAKE YOUR TRAINING MUCH MORE ENJOYABLE!





SPONSOR / PARTNER DISCOUNTS

YOU WILL EASILY PAY FOR YOUR MEMBERSHIPS ON
DISCOUNTS FOR RACES AND GEAR!

ZONE3 ASPIRE WETSUIT = 795 – 40% = 477

SAVINGS = \$318!

(3 YEARS OF MEMBERSHIP FEES!)

GETTING STARTED



TRIATHLON / MULTISPORT

- TRIATHLON = SWIM, BIKE, RUN
- DUATHLON = RUN, BIKE, RUN
- AQUABIKE = SWIM, BIKE
- AQUATHON = SWIM, RUN
- RELAYS

THE DISTANCES



- **SPRINT** = 400 YD SWIM, 10-12 MILE BIKE, 3.1 MILE RUN
- **INTERNATIONAL/OLYMPIC** = 1500 METER SWIM, 24.8 MILE BIKE, 6.2 MILE RUN
- **HALF-IRONMAN (70.3)** = 1.2 MILE SWIM, 56 MILE BIKE, 13.1 MILE RUN
- **IRONMAN (140.6)** = 2.4 MILE SWIM, 112 MILE BIKE, 26.2 MILE RUN

WHAT GEAR/EQUIPMENT DO YOU NEED?



- SWIM: GOGGLES, CAP (FREE IF JOIN ;), BATHING SUIT, FINS
- BIKE: RIDE WHAT YOU HAVE! HELMET IS A MUST! USE GYM OR BORROW IN SHORT TERM
- RUN: RUNNING SHOES

WHAT DO I WEAR?

- TO START- WHATEVER YOU ARE COMFORTABLE IN!
- SWIM- BATHING SUIT, TRI GEAR
- BIKE- TIGHTER FITTING CLOTHES, TRI/CYCLE GEAR
- RUN- WHATEVER YOUR COMFORTABLE IN



HOW MUCH TIME DO I NEED?

- YOU CAN DO IT IN JUST 5 HOURS PER WEEK!
- REVIEW YOUR CALENDAR AND IDENTIFY TRAINING OPPORTUNITIES
- LOOK AT THE GROUP WORKOUT SCHEDULE



SWIMMING CAN BE FUN!

- YOU DON'T HAVE TO BE FIRST OUT OF THE WATER!
- YOU WILL NOT BE EATEN!
- YOU WILL NOT BE THE ONLY TERRIBLE SWIMMER!





2024 TEAM RACES

2024 FEATURED RACES

CLICK ON THE RACE TO LEARN MORE



**WHAT IS INCLUDED IN THE BEGINNER PROGRAM
AND YOUR CLUB MEMBERSHIP?**

YOUR MEMBERSHIP INCLUDES:

- ALL BEGINNER PROGRAM SPECIFIC WORKOUTS/EVENTS/ACTIVITIES
- 12-WEEK BEGINNER SPECIFIC TRAINING PLAN
- GROUP WORKOUTS (ALONG WITH BEGINNER SPECIFIC WORKOUTS)
- CLUB T-SHIRT, SWIM CAP, DRAWSTRING BACKPACK
- ACCESS TO ALL EDUCATIONAL CLINICS/WORKSHOPS
- RACE DAY VIP TENT ACCESS (CATERED FOOD, MASSAGE AND STRETCH TREATMENTS FROM JAGUAR THERAPEUTICS, DEDICATED BIKE MECHANIC FROM MACK CYCLE AND FITNESS, POTLUCK TABLE, BEER, MIMOSA BAR, TABLES CHAIRS, GEAR STORAGE, PRIVATE BATHROOMS WITH 2-PLY AND AIR FRESHENER!)
- SPONSOR DISCOUNTS:
 - MACK CYCLE 10% OFF (ALL GEAR AND BIKE NEEDS)
 - ROKA 30% OFF (SWIMWEAR, WETSUITS, GOGGLES, SUNGLASSES)
 - ZONE 3 40% OFF (TRI GEAR, SWIMWEAR, GOGGLES, WETSUITS, MORE)
 - TAILWIND NUTRITION 20% OFF (AT MACK CYCLE)
 - RACE DISCOUNTS FOR LOCAL EVENTS
 - MORE!

**IF YOU WANT
MORE...**



ADDITIONAL ATHLETE RESOURCES

- **PERFORMANCE BASED COACHING**

- 3 TIERS AVAILABLE

- **PRIVATE COACHING**

- **PERFORMANCE TESTING**

- SWEAT TESTING
- INSCYD TESTING
 - VO2MAX, ANAEROBIC THRESHOLD, VLAMAX, MORE
- BLOOD LACTATE TESTING

- **TRI CAMPS**

- CLERMONT, FL
- ST. GEORGE, UT
- BOULDER, CO
- ASHEVILLE, NC

- **RACE GEAR**

- TRISUITS
- CYCLE APPAREL
- MORE



**MEMBERSHIP JUST
\$99/YEAR
(THRU 3/31).
JOIN TODAY!**

www.TheMiamiTriClub.com



THANK YOU!