



IRONMAN 70.3 Taiwan 16 Week Training Program



Training Program: 16 week training program to prepare for Ironman 70.3 Taiwan 2011

For Whom: This training program is suited to triathletes, who have 8-13hrs a week to train, aiming to better their performance in an Ironman 70.3 event using a quality focused training program. (Instructions are provided if you have more or less time to train)

Plan: 6-week base phase, 4-week build phase and a 6-week race specific training phase, including a 10-day taper before the race.

Typical Week: Includes 3 swims, 3 rides and 3 runs. Recovery weeks and a weekly rest day are included in the training program.

Tune-up Races: Two races are included during the 16 week build-up. If you are doing different races or aren't doing any build-up races, alternate training sessions are provided and instructions on how to alter the training to suit your specific race schedule.

Training Peaks: Is the online Training Software you will receive your training program on. It allows you to see your training program and write your training diary in a user-friendly interface. www.trainingpeaks.com

Included: Training Program Outline, Tips to Maximize Your Performance, How to Taper Effectively and Definitions so help you understand the training program easily.

Free Gift: If you recommend a friend who signs up you will receive a free gift courtesy of **NRG2Perform**.

Free Group Training Session: You will receive 1 FREE Group Training Session with **NRG2Perform** as part of signing up.

Start Date: Monday 18th July 2011

Price: NT\$4000 (50% off usually NT\$8000)

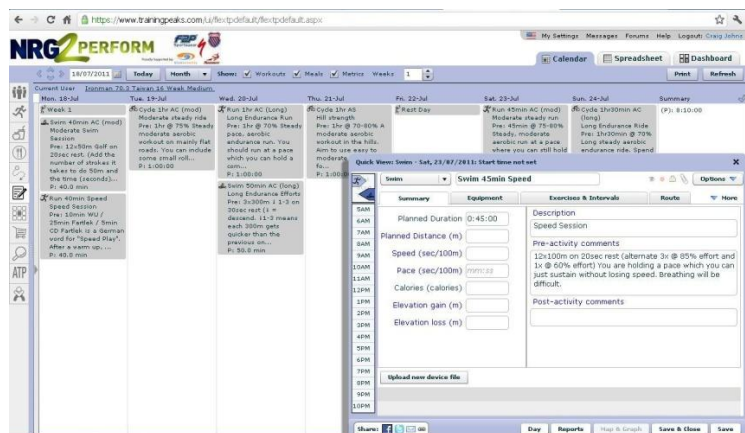
SIGN UP: Contact **NRG2Perform** at nrg2perform@gmail.com requesting to sign up for the **Ironman 70.3 Taiwan 16 week Training Program**. Please include the following details:

Last Name:
First Name:
Date of Birth:
Email:
Mobile #:
Nationality:

Payment: Once **NRG2Perform** receives your request to sign up you will be sent details on how to make the NT\$4000 payment so you can receive your Training Program.

Coaching Advice:

If you would like constant communication from an **NRG2Perform** coach then you need to sign up for an EXCEL or SUCCEED training program. <http://www.nrg2perform.com/NRG2Perform/Coaching - CO - TP.html>



If you want some further details on how to train more effectively then you can organize a coaching consultation.

<http://www.nrg2perform.com/NRG2Perform/Coaching - CO - Services.html>