

	<b>Private Triathlon Training Programs</b>		
\$245 – 6 weeks \$325 – 8 weeks \$415 – 10 weeks \$495 – 12 weeks	3 private training sessions 4 private training sessions 5 private training sessions 6 private training sessions	All options include weekly training schedules and unlimited email & phone access to coach.	Additional private training sessions available at \$40 per session
	<b>Specialized Training</b>		
\$135 per month  \$75 set up fee for new Lifestyle Fitness clients (includes a swim/bike/run evaluation)	Available to the athlete that has completed a Private Training Program, a Just Tri It Camp, or has a triathlon background.	Includes: weekly training schedules, 2 monthly private/semi-private sessions, unlimited phone and email access to coach.	Additional services may be added at fees listed below. The Maniac attire and classification is available to Specialized athletes, regardless of training with or without the team.
	<b>Additional Services Available to</b>	<b>All Training Programs</b>	
\$40 per session	Private training sessions.	May include: strength, swim, bike, run, transitions, Pilates, etc.	
\$25 per month	Unlimited participation in Maniac scheduled training sessions, if applicable to specialized client's training.	Maniacs have a minimum of 10 coach-supervised workouts per month.	
\$65 per month	Weekly strength training plans. This would apply to workouts that would be performed in a fitness center environment with weights, bands, balls, etc.	Includes 2-4 written workouts per week. May be required to come to Cimarron for a monthly coach supervised form & technique session.	
	<b>MULTISPORT MANIA</b>	<b>TRIATHLON TEAM</b>	<b>(THE MANIACS)</b>
\$100 Annual Fee \$75 per month  (Must have completed at least one sprint tri to join.)	Weekly training schedules are provided to team members. A minimum of 10 sessions per month are coach supervised. We compete with like-size teams in the region for points. A team uniform is available for purchase.	The coach and members choose certain key races to train for during the season, while also competing at various other races for intensive training purposes (and fun).	Group and OYO (on your own) workouts are provided to the athletes each week. Sessions take place on various weekdays and weekends, mornings and evenings in Mission and McAllen.
	<b>Just Tri It: Triathlon</b>	<b>Training Camp</b>	
Registration Fee Camp Fee	10-12 week training camp to help the beginner prepare for a first sprint distance triathlon. Progressive weekly training schedules are provided in addition to 3-4 coach supervised group workouts.	Required equipment includes: a road bike, tire kit, sun glasses, helmet, running shoes; goggles, swim suit, water bottle.	Camps take place in the spring and the fall. Limited to 10 participants max.