

	Specialized Triathlon Training Sprint/Olympic Distances		
\$245 – 6 weeks \$325 – 8 weeks \$415 – 10 weeks \$495 – 12 weeks	3 coached training sessions 4 coached training sessions 5 coached training sessions 6 coached training sessions	All options include weekly training schedules and unlimited email & phone access to coach.	Additional private training sessions available at \$40 per session
	Specialized Triathlon Training 70.3 and Ironman		
Average 70.3 program-20 weeks Average IM program-24 weeks	Complimentary consultation required prior to determination of price and timetable. Recommended training programs vary depending on athlete background and fitness level.	Endurance training is demanding and requires an athlete to be willing to diligently commit to the program duration and daily training.	An overall program training timetable will be provided by the end of the 4 th training week. Weekly detailed schedules will be provided every week.
	Independent Athletes		
\$135 per month Married couples \$175	Available to the athlete that has completed a Specialized Training Program, a Just Tri It Camp, or has a triathlon background. Training plans are custom designed to the athlete's personal goals relating to the sport of triathlon.	Includes: custom weekly training schedules, 1 monthly video analysis, access to Multisport Mania team workouts, unlimited phone and email access to coach.	Additional private training sessions available at \$40 per session. The Maniac attire and classification is available to athletes, regardless of training with or without the team.
	Just Tri It: Triathlon	Training Camp	
Camp Fee \$390	10 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 weekly coach supervised group workouts.	Required equipment includes: a road bike, tire kit, sun glasses, helmet, running shoes; goggles, swim suit, pull buoy, fins, water bottle.	Camps take place in the spring and the fall. Limited to 10 participants max.
	Multisport Mania	TRIATHLON TEAM	(The Maniacs)
\$100 Annual Fee \$75 per month Married couples pricing: \$125 per month Requires competitive triathlon background or completion of Just Tri It or Specialized Training Program to join.	A seasoned athlete's training team. Weekly training schedules are provided to team members. A minimum of 10 sessions per month are coach supervised. A team uniform is available for purchase. Each members earn points as they race for the team at triathlons to compete among regional triathlon teams of like size.	The coach and members choose certain key races to train for during the season, while also competing at various other races for training purposes (and fun).	Group and OYO (on your own) workouts are provided to the athletes each week. Sessions take place on various weekday evenings and weekend mornings or afternoons in Mission and McAllen.