



[TriCoachDara.com](http://TriCoachDara.com)



TriCoachDara was created to offer endurance athletes sound and educated coaching that incorporates a unique, personalized, and experienced approach to give you the best preparation and racing experience you can have.

#### *What the plans include*

- a detailed plan that breaks down every workout for you.
- Tailored and personalized plans, built on information about your current workouts, your fitness level, your strengths and weaknesses, your personal goals (eg: increase hill speed, get stronger in the water, increase power on the bike), and any training limitations you may have (eg: masters swim meets on Mondays, can't ride the bike on Tuesdays, only have 3 hours during the week to train, but 7 on the weekends, etc).
- Periodized training cycles that incorporate appropriate rest and varied and targeted work phases.
- Training weeks built around how much time *you* can spend training, and the best way to fit it in around the rest of your life.
- Nutritional strategies for training and racing.
- Race prep and taper info, plus transition training (If you are a triathlete), and race day strategies.
- Advice on technique, strategy and other aspects of training and competition.
- Advice and Training plans for runners, swimmers, and cyclists – you don't have to be a triathlete for us to help you improve your performance or reach a lifelong goal.
- Strategies to improve your form, speed, endurance, power, strength, your confidence/mental approach to racing, or whatever your particular concern is.
- Plans for complete novices, experienced age groupers, elite, and masters athletes.
- Race selection advice and season planning.
- Access to the coach via email or phone if you have any questions. This is what truly makes our coaching special. Life will happen while you make other plans, so let us help you adapt to all the curves that get thrown to your training.
- Detailed feedback on your workouts and performance, and appropriate adjustments made to your schedule.
- Online resources and a weblog to chat with other endurance athletes and post your experiences.

TriCoachDara online training programs provide highly tailored plans built around your needs and goals. Each new athlete fills out questionnaires on medical health history, personal goals, strengths and weaknesses, and available time for training. From this information I tailor a plan that addresses every detail and will have you completely ready for whatever length and type of event you are training for.