



**NEO Endurance Sports & Fitness, LLC**

***"Get the personal attention you deserve!"***

**Team NEO Ironman Boulder Group Training Options**

Ironman is coming to Boulder! On August 3, 2014, the inaugural Boulder Ironman will take place. For many of us here in the Pikes Peak region, it finally gives us a chance to race in an Ironman race. When undertaking such a challenge as an Ironman, it is highly recommended to not do it alone. Here are some great options so that you hit Ironman Boulder prepared for an amazing race.

**Option 1: The Ultimate Package**

Seven month commitment at \$235/month = \$1645 investment

(Pay in advance and pay only \$1400)

- Free TrainingPeaks Premium Account (\$70 value)
- Training Schedule starting January 1, 2014 aimed to peak at Ironman Boulder.
  - Tri Series plan available as well for no additional charge
- Weekly group swim
- Bi-weekly group weekend ride, run, or brick workout
- One-time comprehensive swim video analysis (\$120 value)
- One-time comprehensive run video analysis (\$120 value)
- Lactate threshold testing on the bike and run to establish training zones (\$260 value)
- Free access to Triathlon Success Strategies for race planning guides (\$37 value)
- Team NEO Tech Shirt (\$38 value)
- Team NEO Tri Kit (\$150 value)
- Group clinic(s) with tips and strategies for racing a successful Ironman
- Discount on spring triathlon training camp in California (details TBD)

**Option 2: The Standard Package**

Seven month commitment at \$185/month = \$1295 investment

(Pay in advance and pay only \$1100)

- Free TrainingPeaks Premium Account (\$70 value)
- Training Schedule starting January 1, 2014 aimed to peak at Ironman Boulder.
  - Tri Series plan available as well for no additional charge
- Weekly group swim
- Bi-weekly group weekend ride, run, or brick workout
- Free access to Triathlon Success Strategies for race planning guides (\$37 value)
- Team NEO Tech Shirt (\$38 value)
- Team NEO Tri Kit (\$150 value)
- Group clinic(s) with tips and strategies for racing a successful Ironman
- Discount on spring triathlon training camp in California (details TBD)

### **Option 3: Custom Training Plan:** Investment of only \$675

This is ideal for those who aren't available for group training and have a more "complicated" racing schedule, but still just want to follow a pre-built plan rather than a custom coaching plan.

- Includes an initial consultation where we figure out the best days for you to swim, bike, and run and how many hours you have available to train.
- Includes one up to 60-minute pre-race consultation to make sure you have a solid race plan for Ironman Boulder.
- Plan will start January 1, 2014 and is not modified once written.

### **Option 4: Custom Coaching Plan**

Investment is only \$300/month with 7 month commitment = \$2100

(Pay in advance and pay only \$1800).

Want it all? This plan includes

- Custom training plan for Ironman Boulder starting January 1, 2014
  - updated bi-weekly to fit to your schedule around your races, family, work, and other commitments.
- Access to everything in Option 1: The Ultimate Package, and power and/or heart rate analysis, as well as unlimited communication with Coach Nicole.

### **Option 5: The Virtual Team**

Investment of \$165/month with 7 month commitment = \$1155

(Pay in advance and pay only \$995)

Have a friend or family member doing Ironman Boulder and want them to be a part of Team NEO?

They can get access to the same training plan and be a part of virtual Team NEO!

- Free TrainingPeaks Premium account
- Training Schedule starting January 1, 2014 aimed to peak at Ironman Boulder.
  - Tri Series plan available as well for no additional charge
- Free access to Triathlon Success Strategies for race planning guides
- Team NEO Tech Shirt (\$38 value)
- Team NEO Tri Kit (\$150 value)
- Discount on spring triathlon training camp in California (details TBD)
- Monthly online chat to meet other teammates and discuss training progress

To sign up for any of these packages, simply email [nicole@neoendurancesports.com](mailto:nicole@neoendurancesports.com) with the option that you are interested in and she will follow up with you with additional information. Lactate testing and video analysis are also available to any athlete "a la carte." See <http://neoendurancesports.com/testing-analysis/> for more information.

**Don't want to wait until January to start training?** Contact Coach Nicole today to discuss your personalized coaching options. Email [nicole@neoendurancesports.com](mailto:nicole@neoendurancesports.com) or call 719-235-8209.

