

## TRIATHLON COACHING RATES

### CONSULTATION RATES

30 minutes	member	non-member
Private	\$40	\$45.00

### COACHING RATES

60 minutes	member	non-member
Private	\$69.00	\$77.00
2 People	\$40.00 <i>(each)</i>	\$47.00 <i>(each)</i>
3 People	\$31.00 <i>(each)</i>	\$38.00 <i>(each)</i>
4+ People	\$28.00 <i>(each)</i>	\$34.00 <i>(each)</i>
Family 3+	\$86.00 <i>(must be on same membership)</i>	

30 minutes	member	non-member
Private	\$40.00	\$45.00
2 People	\$23.00 <i>(each)</i>	\$28.50 <i>(each)</i>
3 People	\$18.00 <i>(each)</i>	\$22.00 <i>(each)</i>
4+ People	\$16.25 <i>(each)</i>	\$19.75 <i>(each)</i>

To schedule a private or semi-private triathlon consultation or coaching session, please contact the Concierge at 734.665.3738 ext. 134.

### COACHING RATES

Available to Liberty members only. Packages may be purchased through the Concierge. 734.665.3738 ext. 134

#### 60 minute Packages

Private 4-pack	\$268	<i>(save \$8)</i>
Private 8-pack	\$528	<i>(save \$24)</i>
Private 16-pack	\$1,024	<i>(save \$80)</i>
Private 20-pack	\$1,250	<i>(save \$130)</i>

#### 30 minute Packages

Private 8-pack	\$308	<i>(save \$12)</i>
Private 16-pack	\$592	<i>(save \$48)</i>
Private 20-pack	\$710	<i>(save \$90)</i>

## TRIATHLON INSTRUCTOR

**Barb Figurski**  
barb.figurski@libertyathletic.net

Barb Figurski has been in the fitness industry since 1996 and has been with Liberty Athletic Club since 2006. After completing 12 marathons (including the Boston Marathon 2003, 2004 and 2006), Barb began competing in triathlons in 2003. She competed in the Lake Placid Ironman in 2005, qualified for the World Championship Half Ironman in 2006. Currently, Barb is a member of the USAT, has an M.A. in Athletic Administration, and is a Level 1 USAT Coach.



Coaching and training all levels of triathletes to become seasoned athletes is Barb's passion. With her experience and knowledge she will provide her clients with tools of proper technique, instruction, training programs, and dynamic coaching. Barb is a personable and knowledgeable coach who looks forward to helping people reach their potential and ultimately their athletic goal.

## PRIVATE & GROUP COACHING

Private and small group Triathlon coaching is designed to meet the needs of individuals who compete, or are interested in competing in Triathlons, Duathlons and other endurance races. The scope of coaching is completely customized to the specific goals and needs of the individual or group. Whether the focus is on building a specific training program, improving technique, or simply building confidence in any of the three areas, our experienced Triathlon coach will provide the necessary guidance to make your next race your best.

## INFORMATION

For further information contact  
R.J. Meske, Director of Fitness & Wellness  
rj.meske@libertyathletic.net or 734-665-3738 ext. 129

**Triathlon Coaching**  
Spring 2019

*revised February 25, 2019*

**SWIM,  
BIKE &  
RUN.**



2975 W. Liberty Rd., Ann Arbor, MI 48103  
Phone 734.665.3738 • Fax 734.665.6353  
www.libertyathletic.net

## TRIATHLON GROUP COACHING



### Goddess Training Program Ages 15-up

For women who have thought about training for a triathlon, are fairly new to the sport, or are looking to improve triathlon skills, we have developed a training program to prepare for the summer triathlon season. This class will hone the skills of Swimming, Biking and Running to help insure a successful race. Participants will also receive a detailed training program to be conducted outside of the class that is necessary for proper race preparation. Participants are encouraged, but not required to meet outside of the class to complete the supplementary training. *48-Hour Cancellation Policy*

<b>Wednesdays &amp; Fridays</b>	<b>9:30am-10:45am</b> Barb Figurski
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4/17-5/10 4 weeks \$119 (\$134)

<b>Wednesdays &amp; Fridays</b>	<b>9:30am-10:45am</b> Barb Figurski
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5/15-6/14 4 weeks \$119 (\$134) Excludes 5/29, 5/31



## TRIATHLON TRAINING



### Tri-Fit Brick Ages 15-up

This 2-hour combo class will focus on improving technique and endurance in swimming, running or cycling. Each workout is structured differently and will progress over the course of each session. Each class will include swim technique coaching with structured intervals followed by running or cycling intervals. This class is a great way to stay in shape during the off-season and build some new skills for the upcoming season! The class will meet in the indoor lap pool. Heart rate monitors are highly recommended. *48-Hour Cancellation Policy*

<b>Sundays</b>	<b>7:30am-9:30am</b> Barb Figurski
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4/14-4/28	2mtgs	\$59 (\$69)	Excludes 4/21
5/5-5/19	3mtgs	\$89 (\$105)	

## TRIATHLON TRAINING



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### Kids Tri Training

#### Ages 6-8 & Ages 9-12

For kids interested in triathlons, this four week training program will ensure kids are prepared to have a fun and successful race. During the program our USAT certified coach will help kids build and expand their swimming, biking and running capabilities as well as provide all the need-to-know pieces for competing in a Triathlon. Classes will include a mix of swimming, running and biking. *48-Hour Cancellation Policy*

#### Ages 6-8

The 6-8 year olds will also have the ability to practice running, biking and transitions outside (*weather permitting*). A FAQ sheet will be provided to parents upon registration.

<b>Fridays</b>	<b>5:00pm-6:00pm</b> Barb Figurski
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4/26-5/17 4mtgs \$49 (\$59)

#### Ages 9-12

The 9-12 year olds will also have the ability to practice running, biking and transitions outside (*weather permitting*). A FAQ sheet will be provided to parents upon registration.

<b>Fridays</b>	<b>6:15pm-7:15pm</b> Barb Figurski
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4/26-5/17 4mtgs \$49 (\$59)