

## TRIATHLON COACHING RATES

### CONSULTATION RATES

30 minutes	member	non-member
Private	\$44.00	\$49.00

### COACHING RATES (Effective 2/20/23)

A 24-hour cancellation policy applies to all Private/Semi Private Training.

60 minutes	member	non-member
Private	\$75.00	\$83.00
2 People	\$43.50 (each)	\$52.00 (each)
3 People	\$34.50 (each)	\$42.00 (each)
4+ People	\$31.00 (each)	\$38.00 (each)

30 minutes	member	non-member
Private	\$44.00	\$49.00
2 People	\$27.00 (each)	\$32.50 (each)
3 People	\$22.00 (each)	\$26.00 (each)
4+ People	\$18.50 (each)	\$23.00 (each)

To schedule a private or semi-private triathlon consultation or coaching session, please contact the front desk at 734.665.3738 ext. 110.

### COACHING RATES (Effective 2/20/23)

Available to Liberty members only. Packages may be purchased through the front desk at 734.665.3738 ext. 110.

#### 60 minute Packages

Private 4-pack	\$292	(save \$8)
Private 8-pack	\$576	(save \$24)
Private 16-pack	\$1,120	(save \$80)
Private 20-pack	\$1,370	(save \$130)

#### 30 minute Packages

Private 8-pack	\$340	(save \$12)
Private 16-pack	\$656	(save \$48)
Private 20-pack	\$790	(save \$90)

## 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  
Chelsea Gnida, Director of Fitness & Wellness at  
chelsea.gnida@libertyathletic.net  
or 734-665-3738 ext. 180

**Triathlon Coaching**  
Spring 2023

revised February 16, 2023

**SWIM,  
BIKE &  
RUN.**

  
**LIBERTY**  
ATHLETIC CLUB

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

## TRIATHLON TRAINING



### Tri Goddess Triathlon Training Program Ages 15-up

For women who have thought about training for a triathlon, fairly new to the sport, or 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.

This is a female-only class. Class will meet in the pool. Participants should have basic swimming skills before enrolling. 24-Hour Cancellation Policy

<b>Fridays</b>	<b>9:30am-11:00am</b> Barb Figurski
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4/7-4/21	3 mtgs	\$89 (\$99)
4/28-5/12	3 mtgs	\$89 (\$99)
5/19-5/26	2 mtgs	\$59 (\$66)



## TRIATHLON TRAINING



### Tri-Fit Brick Ages 15-up

This triathlon class consists of swimming, biking and running. It is great for cross training, improving cardiovascular endurance, as well as conditioning the body for a triathlon. Each class will consist of interval training in each discipline for approximately 30 minutes and will build upon previous sessions. It is important to have some experience in all three disciplines prior to taking this class. Meets in the Adult Lap Pool.

Participants should have basic swim technique skills prior to participating. 48-Hour Cancellation Policy

<b>Sundays</b>	<b>8:00-9:30am</b> Barb Figurski
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4/16-4/30	3 mtgs	\$89 (\$99)
5/7-5/21	2 mtgs	\$59 (\$66) Excludes 5/14

## TRIATHLON TRAINING



### Triathlon Conditioning: Swim Workout Ages 15-up

This weekly class provides structured swim workouts designed and led by our USAT certified triathlon coach. Not only does the class provide great conditioning for triathletes, our coach will contribute technique advice to help maximize efficiency in the water. Meets in the Adult Lap Pool. 48-Hour Cancellation Policy

<b>Thursdays</b>	<b>5:30-6:30pm</b> Barb Figurski
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4/6-4/20	3 mtgs	\$67.50 (\$77)
5/11-5/25	3 mtgs	\$67.50 (\$77)