

# Triathlon Coaching

Winter/Spring 2024



## Registration

Registration is required and opens 30-days in advance of each class.

## Cancellation Policy

Should cancellation be received within 24-hours of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.

## Information

For further information contact Director of Fitness & Wellness, Chelsea Gnida, at [chelsea.gnida@libertyathletic.net](mailto:chelsea.gnida@libertyathletic.net) or 734-665-3738 ext. 180



## 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.

**Wednesdays** \*Excludes 2/21

**5:45-7pm Barb Figurski**

1/31-3/13 \$30 (\$35) per class

## Hit the Trails **NEW**

**Ages 15-up**

Appropriate for all levels and ages, this new trail training and conditioning class focuses on strengthening the core and building the major muscle groups used in trail hiking, running, and mountain biking. The instructor will include exercises designed to build endurance, improve balance and agility, and increase cardiovascular base, preparing participants to safely and confidently "hit the trails." Meets in the Performance Training/Track area.

**Thursdays** \*Excludes 2/22

**11am-12pm Barb Figurski**

1/25-3/14 \$20 (\$25) per class



## 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.

**Tuesdays**

**9:30-11am Barb Figurski**

4/16-5/7 4 mtgs \$118 (\$132)

5/14-6/11 4 mtgs \$118 (\$132) *excludes 6/4*



# Triathlon Coaching

Winter/Spring 2024



## 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 completely customized to the specific goals and needs of the individual or group. Our experienced Triathlon coach will provide the necessary guidance to make your next race your best.

## 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.

## 30-Minute Private Consultation Rates

|            |         |
|------------|---------|
| Member     | \$44.00 |
| Non-member | \$49.00 |

## Coaching Rates

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 Packages

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) |