

## 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](mailto: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](mailto:rj.meske@libertyathletic.net) or 734-665-3738 ext. 129

**Triathlon Coaching**  
Winter 2019

*revised February 14, 2019*

**SWIM,  
BIKE &  
RUN.**

  
**LIBERTY**  
ATHLETIC CLUB

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Phone 734.665.3738 • Fax 734.665.6353  
[www.libertyathletic.net](http://www.libertyathletic.net)

## TRIATHLON TRAINING



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

This weekly class provides structured swim workouts designed and lead 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. *24-Hour Cancellation Policy*

**Wednesdays 6:00pm-7:00pm Barb Figurski**

1/16-1/30	3mtgs	\$49 (\$58)
2/6-2/13	2mtgs	\$34 (\$40)

**Fridays 9:30am-10:30am Barb Figurski**

1/11-1/25	3mtgs	\$49 (\$58)
2/1-2/15	3mtgs	\$49 (\$58)
3/1	1mtg	\$17.50 (\$20)
3/8	1mtg	\$17.50 (\$20)
3/15	1mtg	\$17.50 (\$20)
3/22	1mtg	\$17.50 (\$20)
3/29	1mtg	\$17.50 (\$20)

## TRIATHLON GROUP COACHING



### Goddess Brick Ages 15-up

This 75 minute combo class focuses on improving swimming, running, and cycling technique and fitness. All workouts are structured differently and progress over the course of the three week program. Each class includes technique training with structured intervals for improving fitness. This class is a great way to stay in shape during the off-season and build new skills for next season! The first class will meet in the indoor lap pool. Heart rate monitors are highly recommended. *48-Hour Cancellation Policy*

**Wednesdays 9:30am-10:45am Barb Figurski**

1/16-1/30	3mtgs	\$59 (\$69)
2/6-2/13	2mtgs	\$44 (\$54)
2/27-3/6	2mtgs	\$44 (\$54)
3/13-3/20	2mtgs	\$44 (\$54)



**GODDESS**  
TRAINING PROGRAM

## TRIATHLON TRAINING



### Tri-Fit 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. *48-Hour Cancellation Policy*

**Sundays 7:30am-9:30am Barb Figurski**

1/13-1/27	3mtgs	\$89 (\$105)
2/3-2/17	3mtgs	\$89 (\$105)
3/3-3/17	3mtgs	\$89 (\$105)
3/24-3/31	2mtgs	\$59 (\$69)