

Our philosophy: Train at your own perfect pace!!

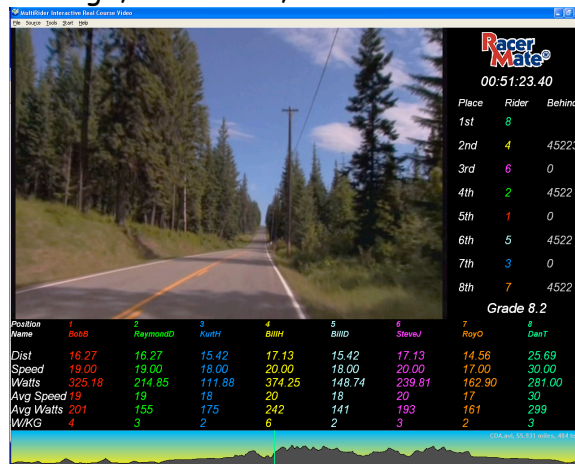
Our Performance Lab allows each athlete to train with a group at their individual ideal intensity without being held back or left behind. State of the art equipment and Coach Tony V's scientific approach to training insures the focus is on intensity and duration, not on distance. So beginners can train right alongside Ironman veterans.



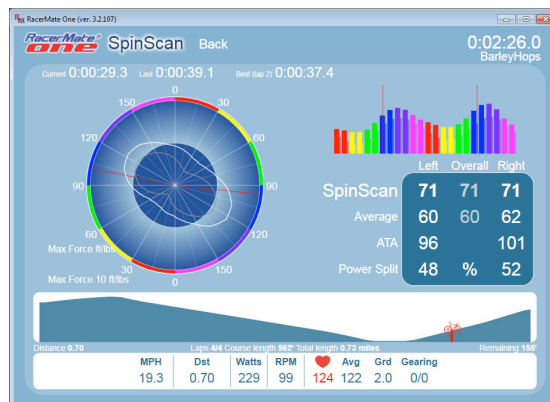
Coached group Treadmill, Compu-Trainer, and Vasa Swim Ergometer sessions are offered mornings and evenings all year round. Brick workouts are offered weekly. Our Certified Coaches will lead you through drills and training that develop all aspects of running, cycling, and swimming.

Why Train Indoors?

Ride our Kaiser Spin Bikes or ride **YOUR BIKE** on our **CompuTrainers** - a precision bicycle ergometer measuring wattage, heart rate, and cadence.



Our CompuTrainer can simulate road grades up to 15%. You gain a big advantage in the actual race by pre-training on a simulated course. Plus, Spin Scan Pedal Stroke Analyzer helps you increase power and efficiency.



"Just swimming?" You may be missing a key ingredient.

Proper use of a Vasa Swim Ergometer will build strength and power in movements specific to swimming. The Vasa Swim Ergometer provides exactly the right tool to increase swim-specific strength and power. Dry land swim training on a Vasa stimulates the muscles' structural and functional changes required to swim faster and more efficiently.



When you are ready to get your feet wet, Coach Tony V leads group swims here at the YMCA and Open Water swims at local area lakes - when they're not frozen over. He will also get you in and out of the transition area faster than your competitors.

*Unless they already train with Coach Tony V.

Why Train with Power?

Today's professional cyclists now utilize power meters located typically at the crank or rear wheel to measure output in watts. The changes in effort are displayed instantly. There is a lag time for your heart rate to respond to your effort, so you could be two-thirds of the way through an interval before your heart gives you an indication of how exactly hard you are working.



Research has shown that when your training focuses on intensity, profound improvement occurs. So if you want to take time off the clock, climb those hills faster and easier, a power based training program is the answer. Through the use of our CompuTrainer Lab, you can enroll in a custom training program that systematically increases your power on the bike.

Group Training Packages are as follows:

Multi-Sport II Training

\$75 per month

1 x 90 minute morning pool swims weekly
1 x 30 minute Vasa Swim Erg sessions weekly,
1 x 90 minute Compu-Trainer rides weekly,
1 x 60 minute Treadmill runs weekly,

Multi-Sport II Training

\$150 per month

2 x 90 minute morning pool swims weekly
2 x 30 minute Vasa Swim Erg sessions weekly,
2 x 90 minute Compu-Trainer rides weekly,
2 x 60 minute Treadmill runs weekly,

Cycling Training = \$75 per month

2 x 90 minute Compu-Trainer rides weekly.

Run Training = \$50 per month

2 x 60 minute Treadmill Runs weekly.

Swim Training = \$25 per month

2 x 90 minute Pool swims weekly.
2 x 30 minute Vasa Swim Erg sessions weekly.

Coaching Consultations = \$40 per hour

(Plus travel if necessary - our gym or yours)

Internet Coaching = \$125 per month

Training Peaks Account, customized weekly training plans, and unlimited email and text contact with your certified coach



TRI AGAIN FITNESS Performance Lab

3000 Racquet Court Dr
Traverse City, MI, 49685

(231)633-9125

www.TriAgainFitness.com

Coming April 20th to
Grand Traverse YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY