

# Tri<sup>2</sup>Max

## 2020 IRONMAN 70.3 DES MOINES TRI-RACER TRAINING PLANS:

- 1) Free Basic 20 week plan: A simple static plan with swimming, biking, running and strength training workouts. Biking workouts will be based on heart rate zones, with running and swimming based on targeted paces.
- 2) Intermediate 20 week plan: A simple static plan with swimming, biking, running and strength training workouts. Running and swimming workouts will be based on targeted paces. Cycling workouts will be based on power for indoor sessions focusing on power and stamina, and heart rate for general endurance outdoors. One time charge of \$50
- 3) Custom 20 week plan: Custom plan based upon needs and goals of triathlete and their work/family schedule. Heart rate and Power metrics can be used. \$100 up front charge with \$5 a week for the number of weeks for coaching. (\$200 for 20 weeks)
- 4) Full Coaching: Custom plan with unlimited communication for questions and adaptations for training plan. The workouts can be based on heart rate and/or Power metrics, work/life balance, other scheduled races, and goals for race day. This plan includes one- on-one swim video analysis with stroke and drill recommendations. \$125 a month.

For each plan, the triathlete would need to sign up for a free Training Peaks account. For questions, please contact:

Carmen Davis, Cell Phone (515)720-6044, [cdavis@tri2max.com](mailto:cdavis@tri2max.com)  
USAC Level 2, USAT Level 1, Training Peaks certified coach

Greg Grandgeorge, Cell Phone (515)418-0080  
[ggrandgeorge@tri2max.com](mailto:ggrandgeorge@tri2max.com), owner of [www.tri2max.com](http://www.tri2max.com),  
USAC Level 3, USAT Level 1, Training Peaks certified coach