

## **Kal RATS 2010 Coaching Program**

In order to increase the participation opportunities and add value for club members, we have made a few tweaks to the schedule for 2010, and offer the following:

### **Weekly Schedule:**

Monday evening (March 22 to May 24) – bike technique (6:00 pm)  
Monday evening (May 31 to August 30) – lake swim, technique focus (6:00 pm)  
Wednesday morning (July 7 to Sept 1) - swim (6:00 am)  
Wednesday evening (March 23 to Sept 3) - run (6:00 pm)  
Wednesday evening (Sept. 15 to Oct. 27) – trail runs (5:30 pm)  
Thursday evening (March 24 to August 26) – bike intensity (6:00 pm)  
- March may be indoors, weather dependent  
Thursday evening (Sept 2 to Sept 30) – off road cycling Kal Park – to be confirmed

**Club workouts:** (open to all Kal RATS and Tri BC members, no separate charge or punch required) Note: these are not coached workouts, per se, but there will be a coach organizing the workout, choosing the route, and tracking participants. Please arrive on time, check in with the coach, and let her or him know if you are deviating from the chosen route.

Friday evening (June 4 to Sept 3) – long swim (6:00 pm)  
Saturday morning – long ride (8:00 am March to May, 7:00 am June 5)  
Sunday morning – long run (8:00 am March to May, 7:00 am June 6)

### **Annual Schedule:**

Scheduled bike and run workouts commencing in March, lake swim workouts in May, and continuing until the end of August. At that time, run workouts switching to trail runs, bike workouts switching to off road (mtn bike) in Kal Park, long bike and long runs switching to social runs at member's discretion.

Payment options:

Annual fee (March to October, all workouts): \$225

Monthly fee, March, April, Sept., and Oct.: \$35, May to August: \$50

10 punch card: \$50

2009 punch cards will expire December 31, 2009. 2010 punch cards available in October. 2011 punch cards available mid-August 2010.

### **For best results:**

It is highly recommended that athletes develop and follow an individualized annual programme that builds through the season to a peak for a key race (or races). Club and group workouts can then be fit into the bigger picture to

ensure maximum value with minimal risk of injury or overtraining. Club coaches will be producing training plans for various distances, for members to individualize, perhaps in consultation with a coach, for specific races. Contact club coaches or other Kal RATS members if you have questions or are looking for recommendations on training programs.