

# WELCOME TO TRI2ONE!



**CONGRATULATIONS on making the choice to train with South Florida's premier and fastest growing team.**

Whether you are training for your first or your fiftieth triathlon, as your Coach I am here to help you reach your goals. You can expect from me:

- Updated training plans on Training Peaks particular to your racing schedule.
- Presence by me or one of our captains at all group training sessions.
- Group training sessions available every day of the week and most afternoons.
- Availability for phone and/or email consultations.

However, to be successful in triathlons you, the athlete, must also make commitments. **Tri2One's training philosophy is to prepare you not simply to finish a race, but to finish it before your competitors.**

Your training program will reflect this. As an athlete wanting to compete, I expect from you:

- Attendance at your scheduled training sessions.
- Knowledge of your pace and the workout before you arrive.
- Communication if you have any questions.

As you will see, our group training sessions are at the core of what we do. Here you will meet athletes of all abilities who will both encourage and push you to meet your goals. Each one of you comes to Tri2One with different levels of experience and different paces. Although we may start together, at times you may end up cycling or running on your own. I will determine your pacing group and recommend people with whom you should be more compatible; however you alone are responsible for your workout and staying within your zones. Remember, at races you compete alone; it is important for you to be able to push or pace yourself as needed.

If you are a beginner, I will help you get comfortable with your training and with our group. My goal is then for you to branch out and become the athlete you want to be. If you have been around the block before, my goal is for you to get around it faster and more efficient than before!

If we are both committed to the process, I guarantee you will be satisfied with your training and with our team.

Again, welcome to Tri2One and I will see you at our next session,

**Coach Marcelo Holcberg**

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