



Triathlon AgeGroup Coaching & Training

# Vision

## To achieve our vision we have two goals:

- Deliver the service to the highest standard
- Service the athlete to reach his or her potential

## To achieve our goals we will:

- Interact with the athlete with mutual respect and trust
- Put the athlete on a path of improvement and confidence by customised coaching and training

We will monitor our success annually by measuring and evaluating the satisfaction of the athlete

## Why Coaching and Training:

- Coaching focuses on the programme required to achieve the predetermined end goals. This is the overview and pathway to success
- Training is the execution of the programme ingredients. This is where athletes may fail by either misinterpreting the programme or the exercise aim. The presence of a trainer will ensure the exercises are carried out correctly with correct technique and intensity

Available Modules for Women and Men from 16 years upwards

TACT NZ Sports Enterprise Ltd  
Triathlon AgeGroup Coaching & Training  
PO Box 26400, Epsom  
Auckland 1344, New Zealand

T +64 9 624 6249  
M +64 21 323 488  
E tactnz@xnet.co.nz  
W www.tactnz.co.nz

# Modules



## Squads - Personalised VO2 programmes

Summer (6 months Oct to March) RSS

Winter (6 months April to Sept) RSW

- Monday 5.30pm - Summer: Oct - March from Auckland Domain, Winter: April - Sept from Westhaven
- Squad over 24 will be split in 2, each with a trainer
- Train in a group but with personalised intensity programme
- Peak aerobic to anaerobic sessions to increase VO2max
- Drills to increase functional movement and running efficiency
- Periodised 6 weekly programme 4 runs per week
- Field testing to establish current and new base levels for training



## Summer Time Trials - 16 weeks

8 sessions TTS1

16 sessions TTS2

- Weekly, either on Tuesday or Thursday evenings 6pm from Airport Oaks. Maps sent when registration completed. Refer to Tact Summer Planner
- Option of 16km and 25km course with timing and handicap
- \$7 for single casual turn up, paid on the day
- Pre Competition - preparation and test for the longest discipline of the triathlon
- Weekly updated handicapping during the season to ensure maximum gains from challenging 16k or 25k option



## Squads - Triathlon specific

Summer - Indoor and Outdoor (wetsuits) (6 months Oct to March) SSS

Winter - Indoor (6 months April to Sept) SSW

- Indoor heated 25m pool, King's Prep School - Monday, Wednesday and Friday 6:15-7:15 am
- Outdoor 33m pool, Mt Roskill Grammar - Monday, Wednesday and Friday 6:00-7:30 am
- Limited squad numbers; compatible swimmers per lane - your current 1000m time < 18:00min, 1500m time < 27:00min
- Training with personal intensity programme
- Drills to improve functional movement and swimming efficiency
- Periodised technique and strength sessions
- Aerobic through to anaerobic workouts for endurance
- Field testing to establish current and new base levels for training
- Includes pool entry and coaching



## Time Trial Set Up

Initial - 1 off BSU1

Follow up (if staged) - 1 off BSU2

- By appointment
- Time trial set up after a 15min workout to sub max performance to establish the ideal TT position
- Done yearly at Pre Competition or Competition phase of a triathlon training programme
- Current functional movement will determine best achievable aero position
- Resetting of bike set up position maybe required while working through a rehab or injury or back to road position for winter
- An additional functional movement screening test as above may be advised for a novice triathlete
- A digital hardcopy of the set up for future reference



## Conditioning and Core Strength classes

Winter (12 weeks - classes) CSW

- Indoors in winter Saturday morning 8.00-9.00 am with optional 45 min run after. Max class of 20
- A moderate to hard 1x week, 1hour circuit with triathlon specific Core Strength exercise class
- The right time for an alternative training session
- Ideal for conditioning, injury prevention and preparation for a new triathlon season



## Summer Brick Sessions 6 months

November to April BSS

- Held outdoors Saturday morning 8.00-11.00am
- Open water (wet suit) sea swim, road bike and run in consecutive sequence with emphasis on transitions
- The ultimate weekly workout for your race preparation and triathlon maintenance
- Alternate weekly from Mission Bay and other venues to be advised for tidal reasons
- Max group of 20

# Modules



## Functional Movement Screening

1 off - by appointment FMS

- 30-45min session to assess the range of motion and flexibility of shoulders, thorax, lower back, hips, knees and ankles
- Highly recommended for all those taking up the sport and yearly check for those in the sport
- Awareness of limitations is critical to swim and run performance and bike set up

### Nutrition

1 off - by appointment NU

- Assessment of current nutrition
- Guidance on nutrition improvement specific to triathlon



## Coaching

A periodised and micro training intensity zoned programme relative to the athlete's age and natural ability. Coach and athlete interaction and programme monitoring.

**Coaching Year Round** CYR

Triathletes will receive year round coaching programmes to suit their Base-, Transition-, Pre Competition and Competition Phase programmes, with incorporated secondary races building to their main event or events. They also have the benefit of discounts as indicated on the Fee Structure form. A one-off \$50 set up fee applies for new CYR members.

### One off Personalised Programmes for:

- **Sprint Distance**
  - 6 week programme CSD6
  - 10 week programme CSD10
- **Olympic Distance**
  - 8 week programme COD8
  - 12 week programme COD12
- **Long Distance - 1/2 Ironman**
  - 10 week programme CLD10
  - 14 week programme CLD14
- **Ultra Distance - Ironman**
  - 12 week programme CUD12
  - 16 week programme CUD16

# Training Camps



## National and International

TACT proposes to organise yearly specific Training Camps for a selected group of triathletes looking for a getaway-focused period to prepare themselves for Competition or a Major Event such as a World Championship.

TACT will organise the Camp and training venue(s).

TACT will organise budget accommodation and travel.

Athletes interested in these Training Camps should register their interest by ticking the appropriate boxes in the Fee Structure form.

### Competition Training Camp TCN

Jan/Feb period  
4 day camp  
New Zealand - venue to be advised

### Pre Competition Training Camp TCI1

Oct/Nov period  
8 day camp  
Noosa, Australia

### Worlds Competition Training Camp TCI2

Aug/Sept period  
14 day camp  
France, Borreze

# TACT Fee Structure Effective October 2010

Name: ..... DOB: .....

## Summer Modules - October to March

RSS	\$120.00	<input type="checkbox"/>	<i>(please tick)</i>
RSS - ACT Member	\$60.00	<input type="checkbox"/>	
SSS - 6 x \$96	\$576.00*	<input type="checkbox"/>	
TTS1	\$40.00	<input type="checkbox"/>	
TTS2	\$60.00	<input type="checkbox"/>	
BSS	\$120.00	<input type="checkbox"/>	
BSS - ACT Member	\$60.00	<input type="checkbox"/>	

## Winter Modules - April to Sept

RSW	\$120.00	<input type="checkbox"/>
RSW - ACT Member	\$60.00	<input type="checkbox"/>
SSW - 6 x \$96	\$576.00*	<input type="checkbox"/>
BSW (6 weeks)	\$60.00	<input type="checkbox"/>
CSW	\$85.00	<input type="checkbox"/>

## One Off Modules

BSU1 (initial)	\$60.00	<input type="checkbox"/>
BSU2 (follow-up)	\$30.00	<input type="checkbox"/>
FMS	\$45.00	<input type="checkbox"/>
NU	\$50.00	<input type="checkbox"/>

## Coaching Programmes

CYR - 12 x \$70 \$840.00\*

## One Off Programmes

Set Up Fee	\$50.00*	<input type="checkbox"/>
CSD6	\$160.00	<input type="checkbox"/>
CSD10	\$210.00	<input type="checkbox"/>
COD8	\$180.00	<input type="checkbox"/>
COD12	\$270.00	<input type="checkbox"/>
CLD10	\$230.00	<input type="checkbox"/>
CLD14	\$340.00	<input type="checkbox"/>
CUD12	\$300.00	<input type="checkbox"/>
CUD16	\$450.00	<input type="checkbox"/>

Discounts when CYR	Tick
3 or more modules	<input type="checkbox"/> \$60
2 modules	<input type="checkbox"/> \$30
1 module	<input type="checkbox"/> \$15
Yearly FMS plus NU	<input type="checkbox"/> Free

## Training Camp Interest

TCN (NZ - Jan/Feb period)	<input type="checkbox"/>
TCI1 (Aus - Oct/Nov period)	<input type="checkbox"/>
TCI2 (France - Aug/Sept period)	<input type="checkbox"/>

**Discount for CYR (see table above)**

**Total Module Costs**  **less**

**= Total Due**

*\* Payment must be received in the 1st week of the month if not paid up front in full*

Please detach here, read and sign the conditions of contract overleaf and return both pages to TACT

# Conditions of Contract

Your participation in any the Company's modules is subject to your acceptance of the following conditions:

1. For the purposes of these conditions "TACT" shall mean and include:
  - 1.1 Triathlon Age-Group Coaching and Training Sports Enterprise Limited (the "Company"); and
  - 1.2 The Directors of the Company; and
  - 1.2 The employees, contractors, agents and representatives of the Company; and
  - 1.4 Any volunteers engaged by the Company.
2. The Company shall provide the services forthwith upon receipt of this signed agreement and payment of the applicable fee described herein for the module(s) to which I have subscribed together with any services ancillary thereto, and shall do so with all reasonable care, skill, and diligence.
3. I shall pay all fees for the module(s) to which I have subscribed promptly and without deduction or set-off. If all or any such fees are to be paid by monthly automatic payments, I shall establish an automatic bank payment authority for that purpose and shall maintain that authority for the duration of this Contract. I acknowledge that any failure by me to comply with this clause shall constitute a material breach of this Contract for the purposes of clause 10 below.
4. I confirm that I am sufficiently fit and trained to participate in this module, that I am not suffering from any medical condition which may impair my ability to do so, that I have not been advised against such participation by a qualified health professional, and that I shall inform the Company immediately should I be advised by a qualified health professional that I should not participate.
5. I assume all the risks which my participation in any of the Company's modules may entail, including but not limited to the risks of injury, death, loss of or damage to any property owned by me or in my possession or control, and consequential loss or damage arising there from (including but not limited to the costs of any medical treatment, loss of or forfeiture of any expenses such as race entry fees, travel and accommodation expenses, the loss of any remuneration or income which may result from my injury or death, and any legal liability which I may incur to any other person), however and wherever such injury, damage or loss should occur, **and I waive absolutely and irrevocably** all or any rights, claims and remedies I may have against TACT, whether in contract, tort, or otherwise, for any such injury, death, loss, or damage, of whatsoever nature and howsoever arising including but not limited to injury, death, loss, or damage caused by or arising out of any negligence by TACT.
6. I hereby consent to the provision to me of first aid, emergency or other medical treatment for the purpose of treating or relieving any injury or physical harm I may suffer as a consequence of my participation in any of the Company's modules, and agree that this consent may be communicated to any medical practitioner, hospital or other medical or other health care facility and that it

shall constitute sufficient evidence of my consent to any medical procedure which may be considered appropriate to treat or relieve such injuries including but not limited to the administration of anesthesia and the provision of blood transfusions. I acknowledge and accept the risk of complication and unforeseen consequences arising out of any such treatment. I acknowledge too that the cost of any such medical treatment or services (if any) shall be my responsibility.

7. I agree to indemnify TACT and to hold it harmless for any loss or damage which TACT may suffer of whatsoever nature, and any legal liability which TACT may incur, caused by or arising out of any negligence, reckless or unlawful act or omission by me in the course of my participation in any of the Company's module.
8. I acknowledge that at its absolute discretion the Company may prescribe Rules of Conduct ("the Rules") applicable to those participating in the Company's modules including myself, and that in its absolute discretion the Company may amend or terminate the Rules at any time, and I agree to comply with the Rules whenever participating in any such modules.
9. I acknowledge that all training programmes, plans, and ancillary information which I may receive by virtue of my participation in any of the Company's modules, are confidential and shall remain the exclusive property of the Company, and I agree that without the prior written permission of the Company, I shall not provide such programmes, plans, or ancillary information, or any copy thereof, to any other person.
10. This Contract may be terminated:
  - 10.1 By mutual agreement;
  - 10.2 By the Company either:
    - (i) Immediately should I break any of the Conditions herein and such breach is material; or
    - (ii) if the Company should consider, on reasonable grounds, that I am not sufficiently fit or healthy to continue to participate safely in any of the Company's modules; or
    - (iii) on 14 days notice of termination.
  - 10.3 By me, either:
    - (i) Immediately, should the Company breach any of the Conditions herein and such breach is material; or
    - (ii) on 14 days notice of termination.
11. This Contract shall be governed by the laws of New Zealand, and the New Zealand courts shall have exclusive jurisdiction to hear and determine any claim or dispute arising out of or related to this Contract, its interpretation, performance, or termination, and I hereby submit to the exclusive jurisdiction of the courts of New Zealand for that purpose.

**Please read and sign the conditions of contract.  
Send this complete page and the filled in TACT Fee Structure  
back to TACT.**

## I confirm that:

1. I am 16 years of age or older. (If under 18, the signature of a parent or guardian is required, as well as your own).
2. I have read and understood these Conditions of Contract, and I accept them.

Name: .....

Date of Birth: .....

Date: .....

Signature: .....

Signature of Parent or Guardian (if required):  
.....

## Contact Details:

Address: .....

Home Ph: .....

Mobile: .....

Email: .....

Emergency Contact Name: .....

Emergency Contact Number: .....

## Method of Payment

Monthly automatic payment  AP  
(1st week of month in advance)

Internet Banking:   
**ASB, TACT, a/c# 12 3048 0474997 00** DC

Cheque

Cash

**TACT NZ Sports Enterprise Ltd**  
Triathlon AgeGroup Coaching & Training  
PO Box 26400, Epsom  
Auckland 1344, New Zealand

**T** +64 9 624 6249  
**M** +64 21 323 488  
**E** tactnz@xnet.co.nz  
**W** www.tactnz.co.nz