



Hi guys!

Thank you for your expression of interest for the STC Busso 70.3 program. It's going to be an awesome journey!

Included:

- A detailed 12-week program set up on training peaks where your data will be reviewed by the Head-Coach.
- All available STC coached & free sessions, upwards of 9 sessions per week!
- Periodic time trials in all 3 disciplines
- One specific 70.3 coached wind trainer session per week
- Access to coaches for advice and training needs
- Transition and tyre changing sessions (where necessary)
- Hanging out and training with other awesome STC athletes
- And loads more!

Ideally, you are comfortable with the following distances:

Ride – 60km

Run – 10km

Swim – at least 2 swims per week

If you have not been training much (you have been enjoying life!) don't panic, we still have 12 weeks to get you to the start line. Plenty of time!

We cannot recommend enough that you get to as many STC sessions as you can to start getting yourself into a training routine.

Training equipment:

We would recommend you try and pick-up the following toys in the sales if you have not already got them:

- Fins (Long ones)
- Pool Buoy
- Paddles
- Wetsuit – for Open Water Swim sessions
- Wind trainer – Yes you will need one, however there are limited trainers that you can borrow from the club if you need to until you can purchase your own.

All STC coached sessions are included in the cost of the program fee. Just turn up to your desired session, sign the register under the "Program" column and train your arse off.

NO casual fee required.

The Program Fee - \$480.00

Please transfer the program fee into the account details provided at the bottom of this letter as soon as possible. This will confirm your spot in the squad. Spots are limited.

We would ask you to please include your name & surname at the description when transferring.



Frequently asked questions:

1. I don't know the area very well, will there be maps of training locations?

Yes, there will be specific maps put up on the Squad Facebook group or included in the training block emails. If you are unsure, please make sure you ask.

2. What if I can't get out of bed in the mornings?

By joining this Squad, you are giving me and the rest of your Squad your commitment to get your butt to training – and by that, I mean a commitment to yourself to do what is necessary to get to the start line injury free and ready to smash that Busselton course!

** If you are going to be late to a session, please text me in advance or meet the group further down the route to catch up. But I know you can do this... so get out of bed **

3. Is this going to be easy?

No, it will test your limits physically and mentally BUT it will be a load of fun and something you will always look back on.

4. What if I've got a dumb question?

No question is a dumb question. I am here to help you get the best out of this program and help you achieve your goals. Feel free to call me or email me any questions, concerns or feedback you'd like to give.

Now get to training!

Robbo

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Bank Details:

Name: ADR Coaching

Bank: Bankwest

BSB 302 162 | Account 0862678

N.B This program does not cover the cost of and is not limited to, pool entry, track entry, medical and injury management fees, training equipment or damage to equipment, nutrition needs, training peaks upgrade application fee (you will only need the free general application).