



FIT (Fredericksburg Ironman Team)

Whether it's on your Bucket List of lifetime achievements, doing a full 140.6 Ironman is an incredible race and journey. Join fellow Tri-Fred members as we put together the inaugural FIT (Fredericksburg Ironman Team). The goals are:

- △△△ Choose from several incredible 140.6 races Fall 2012
- △△△ Professional USAT Level 2 Coaching
- △△△ Detailed Training Scheduled Provided by Coach
- △△△ Group Training Sessions
- △△△ Expert Clinics (nutrition, riding, running, swimming)



Whether you will be a first time Ironman competitor or are already a veteran of the 140.6 distance looking to improve your time, the Tri-Fred's FIT training program is designed to help you live up to your potential.

You do not have to do any of these specific races, but the training time and program is designed for these (IM Arizona is Primary Race Event):

	Event Name	Race Date 2012	Registration Date 2011
	IM Florida, Panama City Beach, FL ironmanflorida.com	November	11/6/11
	IM Arizona, Tempe, AZ ironmanarizona.com	November	11/21/11



IM Cozumel, Cozumel,
Mexico
ironmancozumel.com

November 11/28/11



Beach to Battle Ship,
Wilmington /
Wrightsville Beach, NC
www.setupevents.com

October Check Event
website

Training will commence 20 weeks prior and concludes in November at the completion of IM Arizona. If you are signed up for other IM distance races, the starting date can be adjusted for that specific race, but please keep in mind, this is strictly a 20-week program. The 20-week training plan includes a series of advance technique clinics that includes: swim stroke analysis, advanced cycling techniques, run stride analysis and nutrition planning for endurance events. Additionally, we'll offer clinics covering the various topics that are necessary to successfully prepare for an iron distance triathlon. Two rounds of clinics will be conducted throughout the season.



Registration Deadline Dates

It is your responsibility to register for the Ironman race of your choice. Some of these races sell out in a matter of hours. Literally be at your computer to register when the registration opens up.

Registration for the Ironman Program is on a rolling basis -- to ensure that there is adequate time to follow the 20-week training plan and prepare for the goal race, participants should register at least 20 weeks before the goal race. Dates for some specific races are as follows:

Below is an EXAMPLE of race dates and beginning training dates.

- Beach to Battleship (Race Date October 29): June 13
- Ironman Florida (Race Date November 5): June 20
- Ironman Arizona (Race Date November 20): July 4
- Ironman Cozumel (Race date November 27): July 11

Program Details

The training program has been designed by Fredericksburg, VA based USAT Level 2 certified coach and elite athlete, Debi Bernardes. With over 38 years of experience as an elite athlete and 25 years of

coaching experience, Debi has designed three unique training plans for our program that will support your athletic needs. In addition to Debi's coaching, the program is supported by a group of dedicated TriFred volunteers.

Program leaders are responsible for scheduling the clinic series and will be on hand for each group clinic to provide support and answer questions. While the clinic schedule will revolve around the mentioned key races, they will also support other races that fall into a similar time period. For example, an athlete who is participating in the Beach to Battleship race on Oct. 29 will attend clinics that are designed to meet the needs of those signed up for IM Florida on Nov. 5.

The cost of this year's program is \$350 and must be a Tri-Fred member in good standing.

3 levels - coach will evaluate based on experience and lifestyle.

- ✓ Beginner
- ✓ Intermediate
- ✓ Advanced

Qualifications - You should be able to do the following as a baseline to beginning this training program.

- ✓ Swim - 1500m
- ✓ Run - 8 miles
- ✓ Bike - 50 miles

Training Program

The training plan will be delivered via [Training Peaks](#) which all participants will have access to (Instruction for access will be provided). Coach Debi will be able to enter the training plan into the system and can adjust the start date to coincide with your race. Participants will be able to access the system, record their workouts and that information will be available to the Coach, thus facilitating feedback on the athletes' progress.

Each week's plan incorporates specific swimming, cycling, and running workouts appropriate for that phase of the overall training plan. The program relies on heart rate zone based training; power meter training is also available for the cycling portion of the plan.

Group workouts will be held periodically and will coincide with the clinic schedule. Generally speaking, training is left to the participant to work into their weekly schedule. To aid in this, participants will be provided with a forum to use for coordinating group workouts on their own.

Communication

A forum will be established for the IM Program to share information and workouts. This forum is accessible only to participants, coaches and coordinators. Additionally, we have established a google group to ask questions, coordinate workouts and access Coach Debi. Debi is also available to participants to answer specific questions and respond to individual concerns.

More About the Coach
Debi Bernardes, USAT Level 2 Coach



Over 25 years of coaching experience in the following areas:

- Swimming: USS Age Group Coach, Masters Coach, Summer League Coach, High School Head Coach (current, 4 years), and local Triathlon Summer Swim Program Coach
- Running: 6 years high school coaching, 15 years coaching local running club programs
- Triathlon : USAT Level 2 Coach, 9 years experience of coaching both entry level and pro-level athletes

Athletic Accomplishments:

- 2009 Virginia Triathlon Series – 2nd Overall Female
- 2001 to present: USAT All-American Status (last two years ranked #9)
- Overall Coldwell Banker Grand Prix winner for Fredericksburg Area Running Club, and Masters Champion
- 5-Time Ironman Competitor (includes two trips to Hawaii)
- USAT National Team Member for both Triathlon and Duathlon
- Drake University Letter – Women's Track and Field

Website: <http://ucandoitcoach.com/>

JOIN TODAY:



www.tri-fred.com/membership.html

OR for more information contact Jason Cohen jcinfburg@gmail.com

Sponsorships are available, please contact Jason Cohen jcinfburg@gmail.com.

Sponsors will help to pay uniforms and expert clinics. Sponsors will receive logo placement on Tri Fred FIT website, uniforms and team member's eternal gratitude for helping make their Ironman dreams a reality.

Three sponsorship levels are Platinum (\$500), Gold (\$250), Silver (\$100).

Platinum Sponsors



Gold Sponsors



Silver Sponsors