

ENDURANCE SPORTS COACHING

THE PROGRAM

- Fully personalized training plans for any and all triathlon/running/cycling distances.
- Coaching will utilize an in-depth athlete application document to determine starting point of training plan.
- Input from athlete regarding goals and training commitment will be used to create an annual training plan to help athlete achieve multi-sport goals.

INCLUDED IN COACHING

Personalized Coaching available to anyone. (LNPC membership not required)

- Initial face to face meeting (or virtual per athlete preference) upon submission of coaching application.
 - This first meeting will be used to review athletes' application responses, and discuss the general approaches to the coaching programs.
- Power based cycling workouts when available
- Pace/HR/RPE based run workouts
- Race/Goal specific swim plans
- As needed day to day communications via "Training Peaks" software between coach and athlete
- Monthly meetings/calls available per scheduling
- Annual/seasonal meeting to update review race goals
- General recommendations for a consistent strength training program. i.e. general muscle groups to hit, number of days per week (not a specific day to day strength training program)



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PRICING

10% discounted rates for LNPC members.

- \$200/month
- Prepaid annual packages available for \$2,200

BILLING CYCLE

- All athletes will be billed at the first of each month
- Initiating mid-month will be prorated to 1/4 of months

CONTACT

- For any questions or more information, please contact John LaFreniere, Head of Endurance Coaching, at jlafreniere@iwp-llc.com or call 407-454-0676.

ABOUT JOHN LAFRENIERE

John LaFreniere has been coaching athletes at swim, bike, and run for over 12 years. He has coached multiple athletes to qualifications at Kona, 70.3 Worlds, and the Boston Marathon. John has competed in more than 150 timed races between triathlon and running road races, with approximately 70 of those being triathlons, including 18 half ironman races and 3 full Ironman distance races. John has achieved USAT All American Status in every year in which he completed the minimum number of at least 3 races. In 2018 at 52 years old, John set a lifetime PR in the Walt Disney World Marathon with a time of 2h 57m and was 35th place overall out of 20,000 finishers. In that same season he also had a Half Marathon lifetime PR with a time of 1h20m39s (6:09 pace) finishing 6th overall out of 1,000 finishers. He has also competed in the Boston Marathon 5 times with a PR of 3h 20s.

