

# Kick Start

## Kick Start Your Triathlon Journey

- New to triathlon?
- Returning after a period away from the sport?
- Got a specific objective and need to get on track?
- Want to try out the coaching experience to see if it's for you.



“I contacted Gareth seeking help, with only a month to go until my first standard distance triathlon. Not an ideal timescale, but he helped me get through it! My confidence both in open water and on the bike has significantly increased, thanks to his support. In turn he has helped me believe “I can do this!”

Sarah Hobbs

**Kick Start will work for anyone, regardless of current ability or previous experience.**

### CONTACT

For further information, contact:  
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# Kick Start

- Our three month Kick Start programme is a road map for your journey.
- We'll provide a personalised training plan, and guide you throughout the three months.
- Regular contact with a British Triathlon Level 3 Coach to help you stay on track and remain motivated.
- Option to move onto one of our regular coaching programmes after the Kick Start is over.

Kick Start	
Discovery Meeting - 90 Minute Diagnostic Meeting	✓
Goal Setting - Defining Your Objectives	✓
Athlete Profile - Fact Finding Questionnaire	✓
Bespoke Training Plan - Tailored to Your Needs	✓
Six Week Review - Face to Face Progress Check	✓
Three Month Review - Face to Face Reflection	✓
Regular Phone Reviews	✓
Chat - ongoing live chat support	✓
Progress Checks - Regular Assessments	✓
Access to The Woburn Coaching Community	✓
Training Peaks Basic Membership	✓

