

EVERYONE CAN TRI

Please contact us for additional information on:

- Private swim instruction
- Stroke analysis using underwater camera
- Yoga for triathletes

All services require an initial assessment

Preferred Vendors:

Premier Physical Therapy

229 Parrish Street, Canandaigua
Phone: 585-394-3920 www.thepremierpt.com

Broderick Podiatry

470 South Pearl Street, Canandaigua
Phone: 585-394-4070

Priestman Chiropractic & Wellness Center

530 South Main Street Canandaigua
Phone: 585-396-3180

Tune Yoga with Leslee Trzcinski

www.tuneyoga.com

Park Ave Bike Shop,

600 Jay Scutti Blvd, Henrietta
Phone: 585-427-2110

The Deep End (swim and sportswear)

1225 Jefferson Road, Henrietta
Phone: 585-272-1920

Check out our website for details on upcoming workshops for yoga, tire changing clinic and more!

The Canandaigua Family YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

for more information

call us:
585.394.6866

visit us:
32 N. Main St. Canandaigua, NY 14424



www.canandaigua-ymca.org

 facebook.com/canandaigua-ymca



Everyone. Can. Tri.

Triathlon Coaching and
Group Training



triathlon coaching

SOMETHING FOR EVERYONE

level 1

I am very **self-motivated!** I plan to do all my training on my own but would love someone to design my season plan (periodization) and weekly workouts (training plan). I have races in mind that I'd like to compete in and want my training schedule fit around it. I'd like to quantify my progress throughout the season. I can train with the group anytime I'd like.

level 2

I may need **some help** getting motivated! I need to refine my form in any or all of the sports. I plan to do most of my training on my own but want a weekly coached workout to take my training to the next level. I'd like to quantify my progress throughout the season and want to be videotaped to help improve my form. I have specific races that I'm going to compete in and I want my training schedule to be specific and goal-oriented. I am also interested in learning more about training zones and have a field lactate threshold analysis performed. I can train with the group anytime I'd like.

GROUP

I don't **need a coach** but would love a group to train with! A 12-week training plan starting April 25 to compete in the Musselman mini-mussel sprint triathlon in Geneva, NY sounds like something I am interested in. I want to set this goal, get in shape, and see it through to the finish line!

	Level 1	Level 2	Group
Initial Assessment	✓	✓	✓
Weekly work-outs (Training Plan) specific to race distance and same for entire group			✓
Training Plan – individual workouts that are customized and updated weekly	✓	✓	
1x per week group training session	✓	✓	✓
Online access to Training Plan	✓	✓	✓
Season Plan (Periodization)	✓	✓	
Benchmark Testing	✓	✓	
1x per week small-group coached workout		✓	
Lactate Threshold Field Testing		✓	
Video Analysis (incl. underwater)		✓	
Beginner level triathlete		✓	✓
Intermediate level triathlete	✓	✓	✓
Advanced level triathlete	✓	✓	

Instructor bios

Stephanie Bolster

Stephanie has worked for the Canandaigua Y since 2004 as a group fitness instructor teaching spinning, strength training, Pilates and aerobics. She organized the Canandaigua Y's first season of triathlon training last year, coaching almost 20 people to their first triathlon finish. Stephanie's athletic background as a competitive swimmer and triathlete (five Top Three finishes) has provided her with great insight and experience about what it takes to be the best that you can be.

Relevant Training and Certifications:
 USA-Triathlon Level 1 Certified Coach
 Red Cross CPR
 YMCA group exercise instructor
 YMCA aerobics, step & Pilates instructor
 YMCA group cycling instructor

Ingrid Lagoe

Ingrid has 18 years experience coaching swimmers of all ages and abilities and a keen understanding of what it takes to be a successful athlete. She has been a Canandaigua Y employee since 2002, as a swim coach for Canandaigua Aquatics, and more recently as Aquatic instructor, triathlon coach, and Assistant Aquatics Director. Ingrid also coached CA Boys' Modified Swimming and Diving for six years, four of them undefeated, her swimmers breaking several swim records.

Relevant Training and Certifications
 CPR for the Professional Rescuer
 Red Cross Certified Lifeguard
 YMCA certified Swim Coach
 USA-Triathlon Level 1 Certified Coach

