

Coach Will's Coaching Programs

Coaching by Will Dillard

(USAC/USAT/USATF/RRCA Nationally Certified Coach)

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Each training program is an individualized schedule based on the following factors:

1. What is the athlete's current health & level of fitness?
2. What is the date and distance of the goal event?
3. Is the goal to just finish the event with the best effort or to compete for awards?
4. How many hours per day and week can be devoted to training?
5. Is this a single sport or multi-sport event?

Triathlon/Duathlon Training Program (Sprint, Olympic, half & full Ironman)

Includes Form analysis for swimming, cycling & running if athlete is local.

Bike fit and set-up is available for additional cost.

Internet & phone coaching also available

Nutritional analysis and planning is available for an additional fee.

One on one hourly contact is \$75/Hour. Initial consultation and analysis is \$75.00 but \$25.00 is credited to account if hired by the athlete. Average cost: \$40/wk one discipline \$65/wk two disciplines \$85/wk three disciplines (Billed in 4 week blocks) Includes online training log (\$19.95/mo value included FREE).

If you train like you always have, you will receive the same results you always have.

To be your best you must train to be your best.

I have coached American and International athletes to reach outstanding goals and to compete in National & World Championships.