

About your coaches

Kris Frazier

- United States Triathlon Association Level I Coach
- AFAA Group Exercise certified
- 2 time IMLOU finisher
- 7 years of multisport & more than 10 years of running experience
- Former president and vice president of Louisville Landsharks Triathlon Club and current board member

Nancy McElwain

- Master's Degree Exercise Physiology
- USAT Level II Coach
- USAT National Coaching Commission Member
- All-American triathlete in 2002, 2003, 2004 & 2005
- World Long Course Age Group Champion (F35-39) 2004
- 2005 Ironman Hawaii Finisher (10:59:44)



Nancy McElwain began Train Smart, a coaching service for triathletes in 1999. Since then, Train Smart has grown to five coaches who prepare individuals and groups to meet their personal multisport goals, from sprints to iron distance events. For more information, please visit www.trainSMARTmultisport.com.

For more information about Team Train Smart, please contact Kris Frazier at 502-494-0791 or kris@trainSMARTmultisport.com



Special thanks to our sponsors:



So you signed up for Ironman Louisville....



Now what???





Why go it alone?

Put the *power of the team* to work for you.

Team Train Smart will pave the road for your journey to Ironman Louisville. This 8 month program gives you the tools you need for a successful race. Each month the team meets for a class or key skills session. Classes include bike safety and maintenance, nutrition, and race execution. Skills work includes running and swimming form, transition practice, and open water swimming.

What do I do from here?

Team Train Smart kicks off in January developing your base with endurance and skills. Training builds through the spring & summer, incorporating local/regional events. Monthly training plans provide your schedule of workouts, and field testing ensures that your plan will grow as you get stronger. A private forum allows team members to ask questions and get advice from your coaches. Not only will you be physically & mentally ready to race, great looking Train Smart Louis Garneau singlets will put you on the start line in style.

TEAM BENEFITS

- **8 month training plan delivered in 4 week blocks**
- **One on one startup consultation with coach Kris**
- **Plan includes monthly field testing to determine training zones & paces**
- **Private e-mail forum with access to coaches**
- **Group open water swim clinic**
- **Group supported bike course ride**
- **Train Smart triathlon singlet**
- **Discounts at local retailers**
- **Post race celebration party**

Membership is limited, so sign up NOW to hold YOUR position on the team!

Reserve your spot on the team now!

Pricing:

Our 8 month program costs \$150 per month. Starting January 4th, 2010, it will take you right up to Ironman Louisville race day!

Athletes prepaying for the program will receive a 5% discount. That's a savings of over \$50!

To join, contact

Coach Kris Frazier

Phone: 502-494-0791

Email: kris@trainsmartmultisport.com

