



Training programs designed specifically for you!

What you get?

- Initial consultation to discuss training goals and objectives
- Structured, personalized training plan broken into 4 week blocks
- Daily swim, bike, run and weight workouts
- Unlimited phone and email access
- One on One training if needed (hourly rate applies)
- Help with race selection and strategy
- Knowledge of proper equipment and setup

What does it Cost?

- Program A: \$150/4-week cycle + one time \$50 initial consultation
(Limited to 15-individuals)
- Race Specific: \$250 - 12 Weeks, you decide the length of the program, after the first 12 weeks, you can do a week to week basis for \$50/week.

What's the Difference: Program "A" is a more customized program with adjustments made on a 4 week basis, better suited for those individuals looking to enhance peak race performance.

Race Specific program is for those individuals who are at least 12 weeks out from a key race and are looking to finish strong. The program is still tailored to your individual needs; however adjustments are not made on a monthly basis like program "A".

Contact:

Matt Morrow

Email: morrowfit@cox.net

Cell: 316-371-4384

About Me

- Completed over 100 triathlons
- 10- time Ironman finisher
- 4- time Hawaii IM finisher
- Multiple USAT All-American Honors
- M.S in Exercise Physiology
- Been coaching triathletes and runners for over 10 years
- Have a great knowledge for what does and does not work