



## Race Specific Training Program

In addition to my “month-to-month” training programs, I have started offering race specific programs created for a specific race you may have in mind. If you have a race that is at least 12 weeks out and need a custom program based on your needs, then I have the program for you.

**How it works:** After an initial consultation to determine your strengths, weaknesses and race goals, I will develop a detailed, properly structured program, to get you race ready.

**Length of Program:** You pick the length; it can last 12 weeks, 18 weeks or 24 weeks, you decide what you need. The initial cost of the program is for the first 12 weeks, if additional weeks are needed a weekly fee will apply.

**What you get:** Each program will give you detailed, daily workouts to progress you through the program. After the initial consultation, I will develop a 12 week plan specifically designed for you. I will then meet with you to go over every aspect of your plan. If over the 12 weeks you have any questions or concerns, I can always be reached via email or by phone.

**Cost:** 12-week program - \$250.00, each additional week will be \$50.00/week

**How this program is different:** With most online programs, you get a basic template “cookie-cutter” program that is the same for everyone regardless of your triathlon experience, strengths, and weaknesses. Most online programs will allow you 1 or 2 emails or phone calls / month with additional contact costing extra. With my program, you get a program made just for you. You get unlimited email or phone contacts, and you get the satisfaction of knowing I care how you do, because if you look bad, I look bad.

**Who this program is for:** If you know how to swim, bike and run, and have a specific race in mind that is at least 12 weeks out, this program is for you.

**Who this program is not for:** If you do NOT know how to swim, if you do NOT own a bike, and if you have NEVER run a mile, this program is NOT for you.

Contact:

Matt Morrow

Email: [morrowfit@cox.net](mailto: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