

Training Program Coaching

The human body is a highly adaptable machine that can be upgraded and improved through exposure to different exercise stimuli. An effective training program will take into account the complex, interrelated variables that dictate this adaptive response to ensure steady progress but avoid overtraining and injury. Anybody can design a workout to make you feel tired, but it requires skill and creativity to ensure continuing improvements and get you closer to your ultimate athletic potential.

Our coaching services are designed to provide clients with ongoing support, accountability and program adjustments to ensure continuing progression. We will work closely with you via regular check-ins and virtual meetings to keep you on track and motivated. You will also receive access to our athlete management website/app which gives us the ability to monitor your progress in real time as well as regularly tweak and adjust your program as needed.

Whether you are interested in improving your body composition (muscle hypertrophy, fat loss, bone density/connective tissue strengthening), enhancing your athletic performance (endurance, strength, speed, agility) or increasing your general health (cardiovascular health, functional movements, balance, mobility), our comprehensive, individually customized programs will give you the greatest chance of success.

Resistance Training Program – What's included?

- Initial 1-hour one-on-one meeting to discuss your background, training history, needs, preferences, goals, barriers to success etc.
- Assessment of your mobility, movement patterns and exercise technique.
- Individualized resistance training program designed to meet your goals. Utilization of advanced programming techniques to manipulate intensity, volume and frequency to ensure optimal progress. Common examples include (but are not limited to):
 - Muscle hypertrophy
 - Strength and power
 - Speed and agility
 - Mobility and balance
 - Sport specific enhancement
- Any time access and regular communication from your coach to provide accountability and immediately give advice or answer questions.
- Education on fundamentals of training and exercise technique. Continuing education to allow you to become self-sufficient in future.
- Access to our website/app for tracking your exercise – allows your coach to see your compliance and view and adjust your training program in real time based upon your progress and feedback.
- Discounted access to workshops, lectures and group sessions we host.
- Access to a Triphecta Facebook group solely composed of weekly coaching clients where you can ask questions, share results and receive/provide encouragement to like-minded individuals.
- Exclusive 15% discount code for any purchase from The Running Factory (Windsor, ON) and 10% discount code for any purchase from Smart Performance Nutrition.

Note: this service is not appropriate or designed to prescribe exercises to treat medical and clinical conditions, nor the symptoms of any medical or clinical condition. Please book in a Triphecta Physiotherapy assessment for specific concerns and consult with your doctor before beginning a new exercise program.

Endurance Athlete Programs - What's included?

- Initial 1-hour one-on-one meeting to discuss your background, training history, needs, preferences, goals, barriers to success etc.
- Our registered TriDot coach will develop an evidence-based endurance program using your data, genetics, predictive analytics, & artificial intelligence.
 - Triathlon (IronMan, Half IronMan, Olympic, Sprint)
 - Cycling
 - Running
 - Swimming
- Any time access and regular communication from your coach to provide accountability and immediately give advice or answer questions.
- Education on fundamentals of training and exercise technique. Continuing education to allow you to become self-sufficient in future.
- Access to our website/app for tracking your exercise – allows your coach to see your compliance and view and adjust your training program in real time based upon your progress and feedback.
- Discounted access to workshops, lectures and group sessions we host.
- Access to a Triphecta Facebook group solely composed of Triphecta endurance athletes where you can ask questions, share results and receive/provide encouragement to like-minded individuals.
- Exclusive 15% discount code for any purchase from The Running Factory (Windsor, ON) and 10% discount code for any purchase from Smart Performance Nutrition.