



www.TimCrowley.biz

The goal of TC2 is to offer exceptional coaching at an affordable rate. I am not in the coaching “business”, but rather the business of getting results. With over 55 years of combined coaching and racing experience, I have coached athletes at the Olympic Games and World and National Championships. I am dedicated to high performance.

I do all the programs, and they are handcrafted. No templates. A well-designed training program is a combination of the art and science of coaching.

Feel free to contact me if you have questions TC2coaching@gmail.com

or by phone/ text at 617-930-9702.

\$250 per month

Includes:

- *Goal setting*
- *Customized Strength Training Plans*
- *Training Peaks.com account*
- ***Unlimited communication*** initiated by the athlete or coach ***via e-mail, phone, or video conference***
- *Programs are structured to the individual athlete to include the following:*
 - *Workout descriptions*
 - *Heart rate, power, and or pace based on field tests*
 - *Monthly field tests*
 - *Race taper and strategy*
 - *Training and racing day nutrition plan*
 - *Daily and post-race recovery protocols*
 - *Weekly training adjustments as needed*
- *Sleep Coaching*
- *Heat Training*
- *Free copy of:*
 - *The Powerful Triathlete*
 - *Sleep Strategies` for Endurance Athletes*
 - *High-Performance Aging*
 - *Training The Foot and Ankle-Building Resiliency, Strength and Speed*

