

Triathlon coaching

Prepare for your triathlon with a comprehensive training plan that combines swimming, cycling, and running. Tailored to your fitness level, these schedules help you build strength, stamina, and race-day confidence for the ultimate multi-sport challenge.



Basic

€95/\$105

Payment every 4 weeks

- Intake consultation
- Training plan uploaded to Trainingpeaks
- 3 month schedule for you next event or goal
- Monthly feedback sessions
- Discount on INSCYD tests



Premium

€115/\$127

Payment every 4 weeks

- Intake consultation
- Training plan uploaded to Trainingpeaks
- Personalized monthly training schedule
- Weekly feedback sessions
- Adjustments to training plan based on progress
- Basic race strategy and pacing guidance
- WhatsApp or e-mail support
- Discount on INSCYD tests



Premium deluxe

€150/\$166

Payment every 4 weeks

- Intake consultation
- Training plan uploaded to Trainingpeaks
- Weekly personalized training updates
- Unlimited feedback sessions
- Additional workouts (e.g. strenght workouts)
- Race-specific strategy planning and nutrition tips
- Priority WhatsApp or e-mail support
- 2 free INSCYD tests + discount on additional tests