



Performance Training

at the **YMCA**

- ✓ Enables athletes of all levels to improve performance and achieve athletic goals with technique, strength, and endurance work. Helps reduce the chances of injury and training “mistakes.”
- ✓ Determine areas of imbalance, strength, weakness, for overall fitness well being. Provide athletes of all levels with the necessary tools to utilize their full potential and maximize their performance.
- ✓ Provides coaching services to YMCA members at a discounted cost.



Merrimack Valley YMCA • www.mvymca.org

Performance Training at the

What we offer:

COACHED WORKOUTS For Triathletes of all levels – 8 WEEK SESSIONS

Gives members flexibility to focus on one, two or three disciplines Provides multiple options to meet the wide variety of schedules, budgets and ability levels represented. Provides a motivating, fun, supportive group-workout environment. Weekly workouts will provide balanced work in all disciplines

- Weekly workouts (schedule below)
- one swim session
- one functional strength training session
- one spinning or cycling session (depending on weather) spinning sessions provide cycling specific strength work
- Included for all participants
- initial evaluation of goals, fitness level and triathlon skills
- ongoing review and monitoring of progress
- all 3 workouts emailed to you
- support via email for training questions and issues



Options:

Participation Levels YMCA Member Non-Member

* Level 1 One Session/Week 75 125

* Level 2 Two Session/Week 125 175

* Level 3 Three Session/Week 165 220

- Levels 1 and 2 participants can attend different workouts each week (For example you can go to a swim workout the first week, then attend the strength training workout the next.)

Weekly workout schedule:

- **Tuesdays 6:30 – 7:30 a.m. Swimming** When the weather is good, workouts will be held at Stiles Pond in Boxford. During inclement weather workouts will be held at the Lawrence YMCA
- **Tuesdays 6:00 – 7:30 p.m. Strength Training** During the Summer Session these will be held Philips Academy in Andover or another location to be determined.
- **Thursdays 6:00 – 7:30 p.m. Cycling Rides** will take place in Bradford, Haverhill, North Andover, Andover, and other locations.



The Merrimack Valley YMCA



GROUP COACHING

Private Sessions Coaching Options will include:

- Open Water Swimming
- Swim Technique
- Functional Strength Training for Triathletes
- Pilates and Core Strengthening
- Heart Rate Training
- Running/Cycling Technique

PRIVATE AND SMALL GROUP COACHING

Hourly Rates:

YMCA Members Private Small Group Rates

1 Person 2 People 3 People 4 People

1 Session \$60 \$90 \$120 \$150

3 Session \$160 \$250 \$350 \$440

5 Session \$260 \$375 \$550 \$725

Hourly Rates:

Non-Members Private Small Group Rates

1 Person 2 People 3 People 4 People

1 Session \$75 \$120 \$145 \$180

3 Session \$200 \$290 \$400 \$500

5 Session \$310 \$425 \$610 \$795

MULTISPORT TRAINING PLANS/ONLINE COACHING

The Multisport Training Plans and Online Coaching are designed for the athlete who needs a moderate amount of interaction with their coach with both phone and email.

Coached workouts

Individual/Small Group Coaching

Open Water

Online Training Programs

Email

Included Services:

Daily Customized Workouts

Initial Phone Consultation

Up to 4 emails/week with coach

Weekly phone call with coach

YMCA Members Non-members

4 weeks \$85 \$100

12 weeks \$200 \$240





The Merrimack Valley YMCA's Performance Training Program is led by Sharon Johnson.

About Sharon Johnson

Sharon Johnson is the Coaching Coordinator of TriFury triathlon team and founder of New England Triathlon Training. Sharon is one of Tri Fury's most accomplished athletes. She is a former member of Team USA, and has competed at the world-championship level. In 2006, she qualified for National long and short course championships, the National Grand Prix ½ Ironman Championships. Sharon is a top ranked New England Amateur Triathlete and consistently USAT All American. She represented New Hampshire in 2006 at the "Best of the US" national championship race in Minnesota.

She is a certified Pilates instructor, spinning instructor, certified in sports nutrition for health and performance, presently seeking USA Cycling Coach certification, and a USA Triathlon Certified Coach.

She coaches and instructs athletes of all ages from beginner to elite level in a multitude of sports.

Sharon is originally from NH but has lived in New England for 25 years. She is a graduate of Moravian College and holds an MBA from Southern New Hampshire University. She has 3 children, and resides in Plaistow, NH.



**For more information, contact Sharon Johnson
at 978-725-6681 or sjohnson@mvyymca.org.**