

## COACHING

Greg Pace, the head coach and designer of the program will oversee all individual and team aspects of the training. Greg has been, and continues to be an active participant and coach in triathlon for the past 30 years. He has completed 100+ Triathlons including multiple Ironman events, marathons, cycling races, and a variety of team and individual sports. He is a founding member of the Ontario Association of Triathletes (OAT), Kids of Steel program. Greg is the head coach of TCoB (Triathlon Club of Burlington), Olympia Sports Camp Triathlon program, Irondames, PROWitt (professional Women's Triathlon Training Team), Hammerheads and PACEperformance.

Greg Attained his Kinesiology Degree from McMaster University, he is an NCCP certified coach and coaching course conductor for Triathlon. Greg is a recognized personal trainer for all levels, and has coached hundreds of athletes through their first marathon, duathlon, triathlon and Ironman events. He is a certified Professional Fitness and Lifestyle Consultant (PFLC). He has owned and operated PACEperformance, a coaching, event management and Training organization for 20 years.



The **PACEperformance P-12 program consists of the following Coaching and Services**

- Greg Pace - Head Coach
- Lee Hart - Swim and Cycle Coach
- Dr. Joe Hewitt - Coach
- Blair Pervis B.kin, - Physio, Rehabilitation Cycling Consultant and Coach
- Dr. Aras Kvedaras - Chiro, ART, Rehabilitation
- Alexis Williams - Registered Dietician



### Program Features

- Day to day on line training program
- Daily/weekly review by coach
- Weekly group activities - (spring /summer)  
Group rides, Brick workouts, Track workouts, Open water swimming
- 2 Fitness Assessments
- Equipment sourcing and purchase assistance
- Group skills days for swimming, cycling and running
- Race simulation and Benchmark team workouts
- 8 Personal Training sessions in the weight room, swimming on the bike and/or running.

### Added Program Features

(\*Additional cost apply to some programs or events listed below)

- Special events - Mega days, Vertical Mile, Pier to Pier swims
- Group Tune-up races
- January - May Swim Program\*
- Training weekends, Niagara, Huntsville, Collingwood, Lake Placid (includes race volunteering 2011, race registration and 3 day training camp\*)
- Winter Training Camp - Florida and/or Tucson
- Group Strength Training Programs - "Nasty Girls" or "Big Dawg"

### Pricing for 15 month program (+HST )

15 month full payment: \$3,000

2 payments: (May 2011, Nov. 1, 2011) : \$1,600 x 2

Monthly Payment: In post date or Pre Authorized Payment:  
\$220/month

For more information contact

**PACEperformance at:**

[www.paceperformance.ca](http://www.paceperformance.ca)

905-467-1301



**There is no telling how many miles you will have to run while chasing a dream.**  
~ Author Unknown

**PACE**performance  
P-12 Program

Train with **PACE**performance  
to complete

**IRONMAN2012**

**The Greatest Endurance Event  
in the World**

# PACE Performance P-12 Program

Event - The 2012 Ironman USA Lake Placid NY



## Learning and Experiences

Over the 15 months PACEperformance P-12 participants under the guidance of coaches will challenge themselves in ways that are unimaginable at this time. You will experience a dynamic improvement in your health and achieve the greatest, well rounded level of fitness of your life.

Under the guidance of PACEperformance coaches you will develop an outstanding technical ability for swimming, cycling and running. In the end, participants will learn to maximize their strengths and work with their weaknesses to create an unprecedented level of physical and psychological self-knowledge.

You will establish bonds of friendship and camaraderie that will last a lifetime. The IRONMAN title you earn will provide you with an unrivaled sense of accomplishment and bragging rights that will be the envy and motivation for friends, family and colleagues!

## Activities and Time Commitments

**Fitness Assessments** – Assessments will occur a minimum of two times during the program, winter 2011 and spring 2012. This assessment will determine initial levels of fitness to be used as benchmarks, and to aid in the determination of quality, quantity and intensity of training.

**Team Training** - Once each month the group will meet together for a new and challenging workout. The length of the workouts will gradually be extended and become the mainstay of our group training.



**Skills Clinics** – Quarterly group skills workshops will assist in the development of the techniques necessary to go longer and faster with greater efficiency and therefore less effort.

**Personal Training** – To be sure all participants have the proper technique in the water, on the bike, running and in the weight room 8 personal training sessions are included and will be scheduled to meet each participant's individual needs.

**Training Weekends** – Twice throughout the program the group will have the opportunity to spend a weekend training, relaxing and socializing together. Locations will vary, the cost of the accommodations will be in addition to the regular program fees.

**Equipment Support** – With triathlon one thing is clear, there is always an opportunity to shop for cool new equipment. The program will provide support for all triathlon equipment purchases by our participants. The program will research and source out the correct wetsuit, bikes, bike accessories and running gear for you. We have the expertise to make sure you purchase what you need, when you need it and at a reasonable price.

**Timing** – Time commitment escalates over the 16 months. Initially workouts may require as little as 4-5 hours per week. In the 5 months prior to the big day (March – July 2012) commitments may require up to 20 hours per week with a big chunk (8-12 hours) completed over weekends, or on two successive days or holidays.

## EDUCATION

PACEperformance P-12 participants will receive a monthly newsletter containing the latest relevant nutrition, exercise science and rehabilitation research. The newsletter will outline the theory behind the training and the adaptations and changes you will experience. It will also function as a news piece, with updates on the program, news from your teammates and a team member profile.

