



Team CEC

Membership & Training Program Options

Annual Membership – \$45

- ✓ Train and compete in a supportive environment
- ✓ Group Runs/Rides (Weekend mornings – location varies, schedule online)
- ✓ Educational seminars (Injury prevention, nutrition, strength training & more)
- ✓ Team social events
- ✓ Team transition rack (local triathlons)
- ✓ Discounts on KOZ Enterprises races
- ✓ Team discounts at a variety of local and national suppliers
- ✓ Discounts on massage, nutrition and additional Rehab United services/products
- ✓ **Team CEC** tee shirt
- ✓ Discounted custom **Team CEC** race gear

Quarterly Membership (12-week Training Program) – \$180

- ✓ All the benefits of the Annual Membership
- ✓ Detailed, flexible training program (using *Training Peaks* online software)
- ✓ Access to online training forum (Q&A with professional coaches)
- ✓ Weekly Strength Training Class at **RU Sports Performance Center**
- ✓ Race Registration not Included

Event	Recommended Program Length
<ul style="list-style-type: none">▪ 5K, 10K, 15K▪ Sprint Triathlon▪ Half Marathon▪ Adventure Race	1 Quarter
<ul style="list-style-type: none">▪ Olympic Triathlon▪ Half Ironman (70.3)▪ Full Marathon▪ Century Ride	2 Quarters
<ul style="list-style-type: none">▪ Ironman	Monthly Custom Program

Monthly Membership (Custom Training Program) – Starting at \$149

- ✓ **Catalyst Endurance Coaching (CEC)**, a specialty division of **Rehab United Sports Performance Center**, specializes in designing comprehensive, progressive and individualized endurance training programs
- ✓ **CEC** can customize a training program for any race distance
- ✓ **CEC** also offers lifestyle (general fitness, weight management) training programs