

CENTRAL COAST MULTISPORT

Coach Dave Sullivan:

Coaching Qualifications:

USA Triathlon Certified Coach
Certified Personal Trainer
Over 10 Years Coaching Experience

Athletic Achievements:

Over 20 years Racing Experience
6 Time Ironman Competitor
Ironman World Championships Finisher
Collegiate All-American
2 Time Age Group All-American

Coach Dave has worked with:

All-American Triathletes
J.R. National Team Members in Cycling & Triathlon
J.R. Olympics Cross-Country national level competitors
Top 10 Age-Group Finisher, Ironman World Championships
Inside Triathlon All-North American Age-Group Triathlete

Central Coast Multisport:

Central Coast Multisport was formed to give athletes coaching based on science, hard work and enjoyment of their sport. Not the latest hype and fads. Coach Dave has his athletes perform monthly fitness tests to ensure their training is progressing and to ensure all heart rate and power zones are up to date. These test could include Vo2 Max, Lactate Threshold, Average Watts and Time Trials.

Don't want to train alone all Central Coast Multisport athletes have the opportunity to train with Coach Dave & other Central Coast Multisport athletes at the weekly group workouts.

Group Training sessions:

Contact Coach Dave for information on location & times.

Monday: am Swim
Tuesday: am Bike, hills
Thursday: pm Run, tempo/speed
Friday: am Swim
Saturday: am Bike, long ride
Sunday: am Run, long run

Running Packages

Bronze Coaching Package:

- *Monthly schedule suited to individual's ability and goals.
- *Monthly meeting to discuss upcoming months schedule.
- *Weekly e-mail coaching at athlete's request, to answer any questions or address any problems.
- *Access to Central Coast Multisport group workouts
Three month minimum commitment required.

Monthly cost \$35.00

Silver Coaching Package:

- *Coaching with Training Peaks online resources.
- *Monthly schedule suited to individual's ability and goals.
- *Monthly meeting to discuss upcoming months schedule.
- *Twice weekly e-mail coaching at athlete's request, to answer any questions or address problems.
- *Workouts specifically written for individual's goals.
Eight workouts written per-month.
- *Access to Central Coast Multisport group workouts
Three month minimum commitment required.

Monthly cost \$50.00

Gold Coaching Package:

- *Coaching using Training Peaks online resources.
- *Monthly schedule suited to individual's ability and goals.
- *Twice monthly meeting to discuss upcoming schedule.
- *Unlimited e-mail coaching at athlete's request, to answer any questions or address problems.
- *Daily Workouts written for individual's goals.
- *One 30 Minute private session, or monthly video analysis with Coach Dave.
- *Access to Central Coast Multisport group workouts
Six month minimum commitment required.

Monthly cost \$100.00

Other Services Offered by Coach Dave:

- * Pre-written 8 week schedules also available for \$50.00
- * Private coaching & testing also available

Multisport Packages

Bronze Coaching Package:

- *Monthly schedule suited to individual's ability and goals.
- *Monthly meeting to discuss upcoming months schedule.
- *Weekly e-mail coaching at athlete's request, to answer any questions or address problems.
- *Access to Central Coast Multisport group workouts
Three month minimum commitment required.

Monthly cost \$65.00

Silver Coaching Package:

- *Coaching using Training Peaks online resources.
- *Monthly schedule suited to individual's ability and goals.
- *Monthly meeting to discuss upcoming months schedule.
- *Unlimited e-mail coaching at athlete's request, to answer any questions or address problems.
- *Workouts specifically written for individual's goals.
Eight workouts written per-month.
- *Access to Central Coast Multisport group workouts
Three month minimum commitment required.

Monthly cost \$100.00

Gold Coaching Package:

- *Coaching using Training Peaks online resources.
- *Monthly schedule suited to individual's ability and goals.
- *Twice monthly meeting to discuss upcoming schedule.
- *Unlimited e-mail coaching at athlete's request, to answer any questions or address problems.
- *Daily Workouts written for individual's goals.
- *One 30 Minute private session, or monthly video analysis with Coach Dave.
- *Access to Central Coast Multisport group workouts
Six month minimum commitment required.

Monthly cost \$185.00

Other Services Offered by Coach Dave:

- *Pre-written 8 week schedules also available for \$50.00
- * Bike fittings \$75.00-\$125.00
- * Private coaching & testing also available

www.centralcoastmultisport.com

E-mail: coachdsullivan@yahoo.com

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**CENTRAL COAST
MULTISPORT**



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**ARE YOU READY TO ACIVE YOUR
TRUE POTTENTIAL?**

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