



## OpenTri Premium Coaching Service FAQ

### 1. What is OpenTri Premium?

The OpenTri Premium coaching service offers athletes keying for specific races a more focused, effective, and objective training approach than they could typically construct for themselves.

### 2. What does the service entail?

Like the freely available OpenTri programs, the OpenTri Premium service will specifically outline and clearly spell out each workout for every day of the week. Athletes will also be able to ask for advice specific to their training and preparation from coaches Nate & Mike Llerandi at the associated, invitation-only OpenTri group.

### 3. How do I access the training schedules?

You will receive access to the password-protected OpenTri Premium site, <http://opentri-training.com>, where the workouts will be posted for viewing and download. Within this site, you will find the current training cycle and archived cycles for future reference. In addition, an OpenTri group and associated forum is available for communicating with Nate & Mike as well as other athletes keying for the same event.

### 4. Why is the Premium service better than the free OpenTri plans?

While the free OpenTri plans are certainly solid and have helped hundreds of athletes over the years, they have their limitations. Athletes wanting to reach “the next level” will benefit from the more-focused workouts, and the OpenTri Premium training plans will be based on more current training information and approaches. Hence, the program will be more effective for the athletes who choose to follow it.

### 5. When can I get started?

Any time! However, to achieve maximum results, it would make sense for athletes to kick off the training program at the scheduled start date based on their particular key race.

### 6. How much does the OpenTri Premium coaching service cost?

There is an initial up front commitment of three (3) months for \$297. After this period of time, athletes may pay in one of two ways:

- (1) Pay on a month-by-month basis, for \$99/month
- (2) Pay the remainder of the program with one up front payment, for a 15% discount. This takes you through your key race.

### 7. Great! How do we get started?

Within OpenTri, request an invitation to join the OpenTri Premium group associated with your key race. When we receive your request, we will issue you a PayPal invoice via email. You do not need a PayPal account to send payment, and PayPal accepts and processes credit card payments as well. Upon receipt of payment, you'll be included into the OpenTri group for your key race, and you'll be on your way!