



-Perseverance-Dedication-Passion-

WHO?

Cath Rogers
Level II Triathlon Coach
Bachelor of Exercise Science/Education
Triathlon QLD Development Coach
Affiliation with Vision Tri Club
Level I Swimming & Athletics
Cert 4 Fitness and Conditioning
8 times Ironman Finisher and Mother of 2

Come and Meet Coach Cath – print out this voucher and get your first squad sessions for \$5

WHAT

& WHERE?

Coaching within the inner city suburbs of Brisbane
Swim – Cycle – Run – Transitions – Programs –
Stroke Correction – Corporate Groups – and much more

HOW DO I GET

STARTED?

Email Cath at info@cathscoaching.com.au or phone on 0408 792 552
Turn up to a session that may suit you by looking at the *timetable*

The atmosphere is great. The training sessions are catered to all abilities and you will find it welcoming when you turn up. The athletes want to train but they love to smile as well. Come along and meet them all. The sessions are varied and the workouts involve improving your aerobic fitness, threshold speed, mental attitude, race specific needs and overall your love for the sport of triathlon/or just fitness and life itself.

Supporters - Print out this page when you go to your appointment or when you buy something from the shops to receive the discount enlisted for Cath's Coaching Contacts.





*Remember to print
your \$5 first session
coupon*

Payments for your Health and Well Being

Triathlon Training

Causal \$10

Bulk Concession \$80 for 10 sessions valid for 2 months from date of purchase (Vision Tri Club Members only)

Monthly training program only \$75

Monthly training sessions as per time table & goal consultation/extra planned sessions if applicable \$130

Contact with coach

	Monday	Wednesday	Thursday	Friday	Saturday
6-7 am	Track Run UQ Athletic Track St Lucia *Road ,Grass, Dirt and Track Session Rotation *Juniors Can Attend this Session	Endurance Tempo Run UQ Athletic Track St Lucia	Hour Power- Swim/cycle/run Somerville House Pool, Stephens Rd *Book a windtrainer if required	Recovery Ride 5.45am Leaving from Southbank Side –Good will bridge	Varied Sessions and Locations- Endurance Rides Pace lining/Threshold cycles Running off bike/endurance or track Mini Triathlons Transition Practise
6-7 pm	Swim Squad Somerville House Pool, Stephen Rd *Training aids avail at pool *Sign in at the counter		Swim Squad Somerville House Pool, Stephen Rd *Training aids avail at pool *Sign in at the counter	Tuesday 5.55 – 7am – Junior Cycle Session 13-18yo plus beginner adults. Session taken by Coach Mark. Casual Fee only paid to Coach prior to training Tuesday 6-7pm – Additional Swim at Somerville House Pool, taken by coach Matt. Casual Fee only paid to Coach prior to training. (Juniors13-18 yo welcomed here.) Thursday 5-6pm -Additional Power Hour(windtrainer brick session) taken by Coach Cath at Somerville House Pool. Juniors 13-18 yo welcomed here. Casual fee only paid to Coach prior to training	

Extra services for program set up include:

\$50 for initial consultation 1 hour

\$35 for 45 min subsequent consultation

Additional Coaching Options

Private coaching (swim/cycle/run/transition) for 45 minutes \$45

Corporate consultation 10 people for 1hour \$145

Kids coaching for up to 5 kids/teenagers coaching & technique for 45min to 1hour \$55

Women's Clinics for up to 6 for 1 hour \$65

Important Notes

Monthly paying fees are due on the first of each month;

Athletes are to be on time to training, prepared for each session with working equipment and appropriate training attire. In turn the coach arrives on time, is prepared with the training structure and will always endorse the Cath's Coaching or Vision Tri club logo;

Athletes are to respect the coach and their training philosophy. Any differences can be spoken about outside of the training session;

Athletes are encouraged to respect themselves, their coach, equipment and their training partners; It is asked that all athletes complete the entire training session to the best of their ability. If unable to complete a session then they will inform the coach of their leaving the session early.