

SPRING 2026 TRIATHLON CLUB PROGRAMMING



MAA TRIATHLON CLUB PROGRAM

This program is exclusively reserved for members of the Club. Regular Club membership provides access to the fitness center, 25-meter indoor pool, and all group classes, including spinning classes. Athletes who want to train for a triathlon will find everything they need in terms of sports facilities for adequate preparation at a very low cost.

For members who want specific coaching to prepare for their first triathlon or to perform at a particular distance, and to be part of a motivating community, we have the following offers.

MASTER SWIM AND TRIATHLON CLUBS

From Tuesday, April 7 to Friday, June 19 (11 wks)

Tues	07h00-08h00	Isabelle
Wed	17h30-18h30	Pierre
Thurs	07h00-08h00	Isabelle

COST (PLUS TAXES)

1 x wk	165 \$ (15.00 \$ class)	12 places
2 x wk	275 \$ (12.50 \$ class)	12 places

TRIATHLON CLUB (EXTRA)

• Personalised TRI training plan

30 \$ / week

• Private training by appointment

50 \$/30 min 75 \$/45 min 90 \$/60 min

**SEE COMPLETE INFORMATION ON OUR
TRIATHLON CLUB ON THE REVERSE.**

SWIM LESSONS FOR ADULTS

From Tuesday, April 7 to Friday, June 19 (11 wks)

Tues	17h30-18h30	Élisabeth
Wed	18h30-19h30	Élisabeth

COST (PLUS TAXES)

• Group Class (Max 8)		
165 \$ (15.00 \$/class)	1 x wk	
275 \$ (12.50 \$/class)	2 x wk	

PRIVATE LESSONS BY APPOINTMENT FOR ADULTS AND CHILDREN

50 \$/30 min 75 \$/45 min 90 \$ 60 min

DROP-IN FOR ALL AQUATIC PROGRAMS

1 cours 30 \$ (taxes en sus)

INFORMATION & REGISTRATION

Nathalie Lambert
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	OFFER 1 GENERIC PROGRAM	OFFER 2 PERSONALISED PROGRAM	OFFER 3 PERSONALISED + COMMUNITY PROGRAM
FEES	\$40/month	\$120/month + initial consultation \$80 (required)	\$160/month + initial consultation \$80 (required)
OBJECTIVES	Structured program without individual supervision	Individualized & progressive support	Individualized support within group dynamics
TARGET CLIENTELE	Triathlon beginners	Athletes aiming for measurable progress	- Idem offer 2 - Athletes motivated by structure and group dynamics
TYPE OF PLAN	Generic	Personalized: 3 to 7 training sessions/week	Idem offer 2
YEARLY PLAN	Simple progression	Periodisation in 4-wk cycles (3:1) aligned on competitions	Idem offer 2
WEEKLY TRAININGS	Common structure type	- Personalised weekly plans - Adjustments possible	- Idem offer 2 - TRI Swim
ADJUSTMENTS BASED ON CONSTRAINTS	No	Yes	Yes
INTENSITY REFERENCES	Perceived Exertion Level (PEL)	VAM (running) & FTP/MAP (cycling)	VAM (running) & FTP/MAP (cycling)
VAM / FTP TESTS	Yes	- Yes (standalone, protocols provided) - Support available upon request (\$\$)	- Yes (standalone, protocols provided) - Support available upon request (\$\$)
INITIAL MEETING (1:1 WITH COACH)	No	- Yes (\$80, required) - Analysis of competition objectives & scheduled dates	Idem offer 2

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