

SEPTEMBER 2026 TRIATHLON CLUB PROGRAMMING



THE MAA TRIATHLON CLUB 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 offer the following programs.

MASTER SWIM AND TRIATHLON CLUBS

From Tuesday, September 8 to Friday, December 18
(15 weeks)

Tues	07h00-08h00	Isabelle
Wed	12h00-13h00	Élisabeth
Wed	17h30-18h30	Élisabeth
Thurs	07h00-08h00	Isabelle

COST (PLUS TAXES)

1 x wk: \$225 2 x wk: \$375

TRIATHLON PROGRAM (EXTRA)

- **Personalized tri training plan**
\$150 / month (plus taxes), includes a 30-min. session and access to the Training Peaks platform
- **Generic program**
\$60 / month (plus taxes)
- **Private training by appointment**
\$50/30 min \$75/45 min \$90/60 min (plus taxes)
- **Also included with the Triathlon Club**
FTP (cycling) and VAM (running) calculation sessions

RUNNING CLUB

Summer	Tues	12h00-13h00
	Sat	09h00-10h00
Winter	Starting	October 13
	Wed	07h00-08h00
	Sat	09h00-10h00

SWIM LESSONS FOR ADULTS

From Tuesday, September 8 to Friday, December 18
(15 weeks)

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

COST (PLUS TAXES)

1 x wk: \$225 2 x wk: \$375

PRIVATE LESSONS BY APPOINTMENT FOR ADULTS AND CHILDREN

\$50/30 min \$75/45 min \$90/60 min (plus taxes)

DROP-IN FOR ALL AQUATIC PROGRAMS

1 class \$30 (plus taxes)



INFORMATION & REGISTRATION

Nathalie Lambert
nlambert@clubsportifmaa.com

SEE COMPLETE INFORMATION

about our Triathlon Club
on the reverse side.

SEPTEMBER 2026 TRIATHLON CLUB PROGRAMMING



	GENERIC PROGRAM	PERSONALISED PROGRAM
FEES	\$60 /month	\$150/month + initial consultation \$80 (required) - Includes monthly sessions (minimum 3 months)
OBJECTIVES	Structured program without individual supervision	Individualised and progressive support
TARGET CLIENTS	Triathlon beginners	Athletes aiming for measurable progress
TYPE OF PLAN	Generic program	Personalised 3 to 7 training sessions per week
YEARLY PLAN	Simple progression	Periodisation in 4-week cycles, (3:1) aligned with competitions
WEEKLY TRAININGS	Common structure type	- Personalised weekly plans - Adjustments possibles - Access to the Training Peaks platform
ADJUSTMENTS BASED ON CONSTRAINTS	No	Yes
INTENSITY REFERENCES	Perceived exertion level (PEL)	VAM (running) and FTP / MAP (cycling)
VAM/ FTP TESTS	Yes	- Yes (standalone, protocols provided) - Support available upon request (\$\$)
INITIAL MEETING (ONE-ON-ONE WITH COACH)	No	- Yes (\$80 required) - Analysis of competition objectives and scheduled dates

INFORMATION & INSCRIPTION

Nathalie Lambert
nlambert@clubsportifmaa.com