

Triathlon Personal Coaching

Three Rivers Running Company

Our goal is to provide proven advice for individuals interested in completing triathlons from sprint to full-Ironman.

Customized programs are designed to match your current fitness level and your preferred training approach. We look forward to assisting you with your goals!

Personal Coaching Client Information

Name _____

Address _____

City, State, Zip _____

Phone _____

DOB _____ Age _____ Male Female

Goal Race _____

Race Date _____

Goal Time _____

Desired Start Date _____

Waiver: I assume all risks with participation in TRRC Personal Coaching Services. I, for myself and anyone entitled to act on my behalf, waive and release Three Rivers Running Company and its employees and representatives from all claims of liabilities of any kind from my participation. I confirm that I am in good physical condition such that I can safely participate in these services. I permit photos, videos, or images or me to be used for business related purposes.

Signature _____

Date _____



Coach Diana Schowe is a competitive runner, cyclist, and triathlete. She has done every running distance from 5k to Ultramarathons, biking from crits to time trials, and triathlons from sprints to Ironmans. She earned a cycling time trial National Championship in 2009, as well as All-American status for triathlons in '07, '10 thru '15. In 2014, she competed in the World Triathlon Championships. She holds the USA Triathlon Coaching Certification, a USCA Cycling Level 3 certification, and an ARC Certification.

Diana's PR's for running include an 18:16 5k, 38:56 10k, 1:20 half marathon, and a 3:06 marathon. Her triathlon PR's are a 1:06 sprint, 2:09 Olympic, 4:54 half-Ironman, and an 11:28 full-Ironman.

Current Fitness Level

- Beginner - Never completed a triathlon
- Intermediate - Completed a sprint distance
- Advanced - Completed an Olympic or half-Ironman distance
- Veteran - Completed half or full-Ironman distance

Preferred Training Approach

- Conservative - Train to complete the race
In no specific time, train 4 days per week.
- Combination - Train to complete the race
in a specific goal time, train 4-5 days per week with basic speed training.
- Aggressive - Train to complete the race
in a specific goal time, train 5-6 days per week with advanced multi-speed training.
- \$130 - Initial 45 minute consultation
Customized weekly training plan
Unlimited emails
2 phone sessions per month
- \$30 - 1-on-1 workout or planning session
(1 hour)