



What we offer

1-2-1 Sessions:

These are private sessions for anyone needing specialised assistance in developing one of the 3 disciplines (most often swimming).

Group training sessions:

These sessions **all have a training focus** and although training takes place in group form, the specialised needs of the individual are catered for.

Sessions include: Swimming sessions, group rides and other Triathlon related training sessions. Group sessions run throughout the year and are appropriate to the training season.

Some group sessions are complimentary, and some are charged on a pay-as-you-go basis.

An updated training schedule is published on the Growings Coaching website as well as the WhatsApp Broadcast list, detailing the sessions and the training venues.

Coaching Packages

1. Extremely Committed:

Initial consultation

Initial testing

Personalised training plan updated weekly through Training Peaks

Daily response to feedback on training comments

Direct coach communication (as mutually agreed)

Monthly performance testing with a performance summary.

Program adjustments as needed

Complimentary group sessions (this excludes Swimfit and Strength and Conditioning)

Coaching packages continued...

2. Committed:

Includes:

Initial consultation

A monthly personalised training plan delivered through Training Peaks.

Monthly feedback and consultation, summarising your progress, future areas of focus and direction for the following month.

Monthly re-assessments

Complimentary group sessions (this excludes Swimfit and Strength and Conditioning)

3. Motivated

Includes:

Initial consultation

A monthly personalised training plan delivered through Training Peaks. This is suitable for the athlete not requiring group support, guidance in technique or coach support.

4. I'll get there when I get there:

Includes:

An off the shelf programme that is both structured and progressive and easily managed by the athlete around their priorities.

Complimentary group sessions (this excludes Swimfit and Strength and Conditioning)

Package prices:

Package	Monthly	3 months contract	6 months contract
Extremely Committed	AED 1200	AED 3 240	AED 5 832
Committed	AED 1000	AED 2 700	AED 4860
Motivated	AED 750	AED 2025	AED 3 648
I'll get there when I get there.	250		
121 sessions (members)	AED 200 Per 30 minutes		
121 session (non-members)	AED 250 per 30 minutes		

Package prices continued...

Nail that swim package	Members	Non members	
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(8 x 30 min sessions)	AED 1200	AED 1600	
Bike fit	AED 570 for members		
Bike fit (non-members)	AED 895		
Swimfit	AED 50		
S & C classes	AED 30		

- ***Terms and conditions apply***