

Stephane Vander Bruggen

Stephane Vander Bruggen
Level 1 Triathlon Coach
Level 1 Swimming Coach
Head Tri Coach AG Squad for
www.enduranceteam.net
Head Swim Coach for GAC
Triathlete since 1988
Pro Triathlete 1998-2002

As a level 1 Triathlon and Swimming Coach, I'm always glad to share the knowledge and experience I gained through 22 years of competitive Triathlon. At the end of the day, it is all about enjoying your training, trying to have fun with it, and be supported by the squad you are training in. My job is to work out what type of training will fit best around your busy life style by giving you a smart, progressive, and time efficient training program.

Paul Rabbas

Paul Rabbas
Level 1 Triathlon Coach
Assistant Coach AG Squad
www.enduranceteam.net
Triathlete since 1997

enduranceteam.net

Services Available:

- Up to 7 Group / Team Training Sessions Included per week
- 5 Triathlon squads suited to different levels
- Head Coach and Assistant Coach at your service in each squad
- Monthly Individual Training Program's
- Group Testing & Individual Bike Set Up
- Monthly Review and Analysis
- Goal Setting & Individual Race Planning
- Full Head Age Group Coach (s) Support
- No limit to email and phone contact
- Weekly Team Newsletter
- Structured winter & summer Training Camps
- **Special Junior Development Program starting in September 2010**

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Junior & Age Group Triathlon Squad



30, Carrington Street East Geelong VIC 3219
Mob: 0400 009 326
enduranceteam@hotmail.com

www.enduranceteam.net

Individual Training Program and Group Session Package

Fee Structure = \$40.00 Per Week

(billed monthly via ezipay direct debit)

- Monthly Individual Training Program
- Program overseen by VIS Level 3 High Performance Coach
- Program written by Age Group Squad Head Coach
- Squad session taken by Assistant Coach
- All Group Sessions Included
- Monthly Individual Training Program
- Goal Setting & Individual Race Planning

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Group Session Package Only

Fee Structure = \$30.00 Per Week

(billed monthly via ezipay direct debit)

- Training venue put together by Age Group Squad Head Coach
- Squad session taken by Assistant Coach
- All Group Sessions Included (up to 7 per week)
- Goal Setting & Individual Race Planning

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Individual Training Program Only

Fee Structure = \$35.00 Per Week

(billed monthly via ezipay direct debit)

- Monthly Individual Training Program
- Program overseen by VIS Level 3 High Performance Coach
- Program written by Age Group Squad Head Coach
- Monthly Individual Training Program
- Goal Setting & Individual Race Planning

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