



**ATLAS  
MULTISPORTS**

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WELCOME  
PACK

Thank you for enquiring to join our squad!

Atlas Multisports is a Sunshine Coast born and bred Multisports company that provides triathlon coaching, training sessions and events management.

Whether your goals are to gain fitness, achieve personal milestones, learn about the sport of triathlon or increase your racing potential, Atlas Multisports will cater for you. Our aim is to provide a supportive and encouraging environment to ensure your expectations are met and exceeded.

Atlas Multisports offers training sessions each week as well as individualised training programs. Social events are also an integral part of Atlas Multisports, encouraging you to meet like-minded, happy and healthy people.

You can find all information on Atlas Multisports Coaching at [www.atlasmultisports.com.au](http://www.atlasmultisports.com.au). Updates on change of sessions and photos will be posted on our Facebook and Instagram sites.

The world of multisports is ever increasing and becoming more and more popular with people of all ages and abilities. We look forward to sharing this with you!

Happy Training!

Jason and Lisa Crowther





Atlas Multisports Coaching - Summer Timetable							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<b>SWIM</b> 5:30am Buderim State School Pool	<b>RIDE</b> 5:30am The Pallet Espresso Bar, Mooloolaba	<b>SWIM</b> 5:30am Buderim State School Pool	<b>OFF</b>	<b>OPEN WATER</b> 6am Mooloolaba Lifeguard Tower	<b>RIDE / RUN</b> 6am McDonald's Maroochydore	<b>OFF</b>
PM	<b>OFF</b>	<b>OFF</b>	<b>OFF</b>	<b>RUN</b> 5pm Nelson Park, Alexandra Headlands	<b>OFF</b>	<b>OFF</b>	<b>OFF</b>

For further details please visit the calendar on our website at [www.atlasmultisports.com.au](http://www.atlasmultisports.com.au)

### **5 Reasons to Join a Squad**

Triathlon may be an individual sport but that doesn't mean that training must be done individually. Joining a triathlon squad and training with like-minded people will help make your triathlon journey a much more memorable experience.

1. Train with a coach – a coach will help build a training plan, execute sessions and give feedback. All of this will help focus your sessions and ensure you are doing the correct training for your distance, ability and goals.
2. Meeting other like-minded people – a triathlon squad can be a source of fit, healthy, happy people who enjoy socialising and exercising at the same time. A triathlon club will ensure there is always someone to train with and enjoy the sessions with.
3. Structured sessions and clinics – all you have to do is turn up! You don't have to think about what to do in the session, how long it will take, or how you will benefit from it. Coming to a structured, coached session means someone else takes care of the planning for you. Triathlon clubs also offer clinics and workshops which are an excellent source of education.
4. Extra motivation for those early mornings – by telling a coach or squad member that you will be coming along to a training session will ensure you are held accountable and help motivate you to come to training sessions.
5. You will never race alone – on race day you will always have someone with you on the start line, cheering for you during the race and high fiving you at the end.



## Atlas Menu

Training type	Fee
Casual Visit	\$12
10-visit multi-pass	\$100
One-month unlimited squad sessions	\$100
Individual run program (4 weeks)	\$140
Individual Personalised program (4 weeks)	\$180
Individual Customised program (4 weeks)	\$250



## Coaching Training Camps and Functions Date Claimers

<i>What</i>	<i>When</i>	<i>Where</i>
Atlas Multisports 10 <sup>th</sup> Birthday	19 Oct, 2019	TBA
6 Hills Buderim Xmas Ride	14 Dec, 2019	McDonalds Maroochydore
Atlas Xmas Party	14 Dec, 2019	Atlas HQ - Buderim
Xmas Training Camp	27-30 Dec, 2019	Various Locations
Island Charity Swim	9 May, 2020	Mudjimba - Mooloolaba
McDonald's Brisbane Marathon	7 Jun, 2020	Riverstage, Brisbane
7 Sunshine Coast Marathon	16 Aug, 2020	Alexandra Headlands

Head to [www.atlasmultisports.com.au](http://www.atlasmultisports.com.au) for further details



Atlas Events is proud to organise a range of major sporting events. We encourage all of our coaching athletes to get involved through participating or volunteering at the event! Don't forget to join the Atlas Multisports Team at each event to receive 10% off your race entry!

Click on the images below to go straight to the event websites.



For Program Athletes; please fill in and return to [lisa@atlasmultisports.com.au](mailto:lisa@atlasmultisports.com.au) and we will be in touch soon.

**Individual Program Details**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Sporting Background: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Triathlon Background: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Short –term goals (up to 6 months): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Long-term goals (6-24 months): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Average Times:

1.5km swim \_\_\_\_\_ 40km bike \_\_\_\_\_ 10km run \_\_\_\_\_

Goal Times:

1.5km swim \_\_\_\_\_ 40km bike \_\_\_\_\_ 10km run \_\_\_\_\_

Best Triathlon result: \_\_\_\_\_

Favourite leg: \_\_\_\_\_

Least favoured leg: \_\_\_\_\_

Work / family commitments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other commitments that may affect training timetable: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Days and times available to train: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Additional Information: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_