

Meet Coach Wind



WindSpeed Endurance Training was started by **Thys Wind**. Thys has many years of experience within the health and fitness industry. Most recently he served as the Director of

Fitness at a Fortune 100 corporation based in Richmond, VA.

Thys holds an MS in Health Fitness Management and he's a certified USA Triathlon Level-I coach as well as a National Strength and Conditioning Association Certified Personal Trainer. Throughout his career, Thys has helped people of all ages and backgrounds achieve their health and fitness goals.

Thys has also been a lifetime athlete. He has competed as a swimmer, NCAA rower, distance runner, and triathlete for the past 20 years. His most notable athletic accomplishments include competing in Ironman Lake Placid, the Boston Marathon, the X-Terra National Championships.

As a result, Thys' career has become a natural extension of what he loves doing the most. When it comes to training his athletes, Thys' approach is comprehensive, goal-oriented, reasonable, focused on long-term adherence and, of course, fun!



www.windspeedtrain.com

"Take a relatively average guy about to turn 40 years old and pair him up with an incredibly talented and knowledgeable trainer and what do you get... an Ironman finisher!"

-Jerry (age 39)

"Thys has a great personality, is a great trainer and just an all around caring person. Most importantly, Thys cared about my success."

-Connie (age 40)

"You couldn't ask for a more knowledgeable and motivational coach than Thys Wind."

-K.C. (age 31)

"We are a senior couple and Thys was patient with us and always made us feel good about our training."

-Agnes (age 68) and Cliff (age 72)

"When I wanted to train for something, he had that plan in hand in no time."

-Kristen (age 31)

Contact WindSpeed:

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Turnkey Training Solutions & Services

About WindSpeed

At **Windspeed Endurance Training** our mission is to empower the average person to become an endurance athlete and, in the process, live a healthier and more fulfilling lifestyle.

You see, sports like swimming, cycling, and running were created for all of us to enjoy, not just the genetically-gifted elite athletes. We are all athletes and, with the appropriate training, you too can enjoy the exhilaration that comes from participating in organized events such as road races and triathlons.

The ultimate goal for any athlete is to compete at his or her highest potential. Whether they know it or not, many athletes never reach that goal. Improper training strategies, unreasonable goals, lack of instruction, and lack of support are just a few examples of how one can fall short of experiencing that "peak" performance. A good coach, however, can cultivate your athletic talents to the fullest!

When you join the WindSpeed team, you'll benefit from the most current training methods and expert advice. Our selection of **Turnkey Training Solutions and Services** is extensive, allowing athletes to utilize the exact coach-athlete relationship that best suits them as they transform themselves into endurance athletes and, more importantly, allows them to live a healthier lifestyle.

So go ahead.....

Put yourself in a Wind-win situation!

		you get: a professionally-designed training plan specifically designed with your level of experience, exercise history, and race goals in mind					
		# of weeks	finish	complete	place	e-mail consultations	phone consultations
Running	5k	6	\$20	\$20	\$20	1	1
	8-10k	8	\$30	\$30	\$30	2	2
	10 mi/15k	10	\$35	\$40	\$40	3	3
	1/2 marathon	12	\$65	\$70	\$75	4	4
	full marathon	16	\$80	\$90	\$100	5	5
Custom Turnkey	running plan of choice + 50% markup				2 extra!	2 extra!	
Triathlon	sprint	8	\$40	\$45	\$50	3	3
	Olympic	12	\$50	\$55	\$60	4	4
	Ironman 70.3	16	\$100	\$110	\$120	5	5
	Ironman	24	\$150	\$160	\$170	6	6
	Custom Turnkey	triathlon plan of choice + 50% markup				2 extra!	2 extra!

Go to www.windspeedtrain.com to purchase your Turnkey Training Solution today!

Partnership Training	you get: an initial assessment, goal-setting sessions, training plan updates every 4 weeks, strength training regiments, unlimited phone & e-mail consults, and a 1-hour Performance Clinic every 4 weeks. An ideal option for athletes in North Carolina's Triangle area!		
	level 1	4-week training period: \$150	
	level 2	3-month training period (ex. off-season, pre-season, competition season, or transition): \$133/month	
	level 3	12-month training period (the entire training macrocycle!): \$125/month	
Go to www.windspeedtrain.com to become a Partner Athlete and maximize your endurance performance potential!			
Phone or E-Mail Consults	you get: expert advice on training methodology, sport psychology, sports nutrition, and anything else you can think to ask!		
	phone	0-15:00	\$15
		15:00-30:00	\$25
		30:00-45:00	\$30
e-mail	flat fee	\$5	
Go to www.windspeedtrain.com to ask your question or schedule a phone consult!			
Performance Clinics	you get: strength training consultation, bike set-up, swim technique analysis, stride analysis, transition tips, and much more!		
	<1 hour	1 athlete: \$50	group: \$30/athlete
	1-2 hours	1 athlete: \$80	group: \$50/athlete
	2-3 hours	1 athlete: \$100	group: \$65/athlete
Go to www.windspeedtrain.com to schedule a clinic and get the individualized endurance training attention that you need!			

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