

Brownlee Fitness Training Platform Proposal for Royal Navy Triathlon

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Following our recent discussions we're delighted to provide this summary proposal for providing the Brownlee Fitness Training Programme and platform for Royal Navy Triathlon.

From Jan to Oct 2023 we will provide access for 30 RN Athletes to our two week rolling training plan and digital platform, at a cost of £25 per user per month (Total £7.5k) invoiced at the start of the project.

The service will include:

1. Onboarding each athlete to assess their physical readiness, triathlon experience / ability and training objectives including any specific triathlon events
2. A 2 week rolling plan delivered to each Athlete based on their onboarding data / training status
3. A closed WhatsApp group will be created purely for the RN Triathlon squad, where they can post queries and questions about their plan, whilst this is not 1-2-1 coaching, our expert coaching team will respond in a timely manner to answer specific and group questions

4. A sixty minute, monthly Google Meet specifically for the RN Triathlon squad, where as a team we can discuss any specific concerns and best practices
5. Every week Brownlee Fitness runs an Open ZWIFT race and an exclusive squad RGT session, all RN Squad Athletes are welcome to join both
6. The squad will also have access to Brownlee Fitness partner discount codes

Other Services

7. Majorca Training Camp
 - a. As a minimum Head Coach Mark Buckingham will review the 10 day training plan for the April camp as part of the pilot project and provide feedback. If RN Triathlon would like Mark to attend the camp and assist with the delivery of the plan, then Mark is available on a day rate for the period required. The same applies for RN scheduled training days here in the UK