



THE BEST POSSIBLE YOU

Powered by the tech and scientists behind Canada's Olympians and Paralympians,



PERFORMANCE NATION

POWERED BY CANADIAN SPORT INSTITUTE PACIFIC

is your personal toolkit for optimal results!

VIC & VAN Based Packages

PHYSIOLOGY

- VO2max + lactate test
- Musculoskeletal Movement Assessment
- 30 Min VO2Max Results Consultation

STRENGTH & CONDITIONING

- Customized 1 Month Endurance Training Plan

SPORT NUTRITION

- 60-minute Individual Nutrition Assessment

MENTAL PERFORMANCE

- Access to "Optimize Your Race Day Mindset" webinar

\$729 + GST
With Promo Code
Regular Package
Price
\$950+GST

Want something individualized?

Unlock your potential with à la carte services! Choose from VO2 Max and lactate testing, online results consultations, personalized 1- or 3-month endurance training plans, or in-depth nutrition assessments.

Prefer a group setting?

- Join engaging education sessions on training zones, nutrition, or cooking.



Get it all at a discount with promo code **PN-TRIBC**

THE BEST POSSIBLE YOU

Triathlon BC Performance Nation Training Packages

Victoria & Vancouver Based Package

Special Triathlon BC Promotion Cost: \$639 (includes GST)

Physiology

- VO2max + Lactate Test (reg. value \$350)
- Musculoskeletal Movement Assessment (reg. value \$100)
- 30 Min VO2Max Results Consultation (reg. value \$50)

Strength & Conditioning

- Customized 1 Month Endurance Training Plan (reg. value \$300)

Sport Nutrition

- 60-minute Individual Nutrition Assessment (reg. value \$150)

Mental Performance

- Access to "Optimize Your Race Day Mindset" webinar

À La Carte Services

Physiology

- VO2max: Triathlon BC Promo \$270 (reg. value \$300)
- VO2max + Lactate Test: Triathlon BC Promo \$315 (reg. value \$350)
- 30-minute Online VO2max Results Consultation:
Triathlon BC Promo \$45 (reg. value \$50)

Strength & Conditioning

- Customized Endurance Training Plan (1 month)
Triathlon BC Promo \$270 (reg. value \$300)
- Customized Endurance Training Plan (3 months)
Triathlon BC Promo \$648 (reg. value \$720)

Sport Nutrition

- 60-minute Individual Nutrition Assessment
Triathlon BC Promo \$135 (reg. value \$150)
- 90-minute Extended Individual Nutrition Assessment
Triathlon BC Promo \$200 (reg. value \$225)
- Individual Follow-up (45 minutes)
Triathlon BC Promo \$99 (reg. value \$110)

USE PROMO
CODE
PN-TRIBC

Group Education Sessions

- **Group Physiology Training Zone Education Session**
45 minutes + Q&A
Triathlon BC Promo \$400 (reg. value \$500)
- **Group Nutrition Education Session** 45 minutes + Q&A
Triathlon BC Promo \$400 (reg. value \$500)
- **Group Nutrition Cooking Session**
Triathlon BC Promo \$480 + cost of food (reg. value \$600 + cost of food)



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