

Triathlon Coaching

WINTER 2026



Registration

Registration is required and opens 30-days in advance of each class.

Cancellation Policy

A 48-hour cancellation policy applies to each session. Should cancellation be received less than 48-hours of the session start date, it is considered a 'late cancellation' and the program fee is due in its entirety.

Please note that no refunds/prorations will be given for classes missed during a session.

A 24-Hour cancellation policy applies to private/semi-private lessons

Information

For further information contact Director of Fitness & Wellness, Nanci Abou Hassan, at nanci.abouhassan@libertyathletic.net or 734-665-3738 ext. 129



Triathlon Training

Ages 15-up

This 90-minute Triathlon Training Program includes a structured swim workout followed by biking and running segments. Each week progressively builds endurance, interval intensity, and race-day preparation for athletes interested in triathlon training. Participants should be able to complete a 20-yard swim without stopping prior to registering. Meets first in the adult lap pool, lanes 1 and 2.

Sundays

7:30-9:00am Barb Figurski

2/1-2/22 3 mtgs \$105 (\$114) *Excludes 2/15*
3/1-3/22 4 mtgs \$140 (\$152)
4/12-4/26 3 mtgs \$105 (\$114)

Brick Training

Ages 15-up

Brick Training is a triathlon-specific workout that combines two disciplines of the sport in one session. Each class focuses on a 25-minute swim, followed by a 5-minute transition, and then 25 minutes of bike or run intervals. This workout is designed to build endurance and improve transition efficiency. A strong swim base is recommended. Meets first in the adult lap pool, lanes 1 and 2.

Fridays

9:30-10:30am Barb Figurski

2/6-2/27 3 mtgs \$75 (\$84) *Excludes 2/13*
3/6-3/27 4 mtgs \$100 (\$112)
4/10-4/24 3 mtgs \$75 (\$84)



Swim Technique

Ages 15-up

This Swim Technique class focuses on improving efficiency and confidence in the water through targeted drills, stroke refinement, and endurance development. It's an excellent option for beginners as well as swimmers looking to reestablish their technique after a break. Meets in the adult lap pool, lanes 1 and 2.

Fridays

10:45-11:30am Barb Figurski

2/6-2/27 3 mtgs \$75 (\$84) *Excludes 2/13*
3/6-3/27 4 mtgs \$100 (\$112)
4/10-4/24 3 mtgs \$75 (\$84)

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Private & Group Coaching

Private and small group Triathlon coaching is designed to meet the needs of individuals who compete, or are interested in competing in Triathlons, Duathlons, and other endurance races. The scope of coaching completely customized to the specific goals and needs of the individual or group. Our experienced Triathlon coach will provide the necessary guidance to make your next race your best.

Information

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Triathlon Instructor

Barb Figurski
barb.figurski@libertyathletic.net

Barb Figurski has been in the fitness industry since 1996 and has been with Liberty Athletic Club since 2006. After completing 12 marathons (including the Boston Marathon 2003, 2004 and 2006), Barb began competing in triathlons in 2003. She competed in the Lake Placid Ironman in 2005, qualified for the World Championship Half Ironman in 2006. Currently, Barb is a member of the USAT, has an M.A. in Athletic Administration, and is a Level 1 USAT Coach.

Coaching and training all levels of triathletes to become seasoned athletes is Barb's passion. With her experience and knowledge she will provide her clients with tools of proper technique, instruction, training programs, and dynamic coaching. Barb is a personable and knowledgeable coach who looks forward to helping people reach their potential and ultimately their athletic goal.

30-Minute Private Consultation Rates

Member	\$47.00
Non-member	\$52.00

Coaching Rates *(effective 1/1/26)*

A 24-hour cancellation policy applies to all Private/Semi Private Training.

60 minutes	member	non-member
60 minutes	member	non-member
Private	\$79.00	\$87.00
2 People	\$45.50 (each)	\$54.75 (each)
3 People	\$36.00 (each)	\$44.25 (each)
4+ People	\$32.25 (each)	\$40.00 (each)

30 minutes	member	non-member
Private	\$47.00	\$52.00
2 People	\$28.75 (each)	\$34.50 (each)
3 People	\$23.50 (each)	\$27.75 (each)
4+ People	\$19.75 (each)	\$24.50 (each)

To schedule a private or semi-private triathlon consultation or coaching session, please contact the front desk at 734.665.3738 ext. 110.

Coaching Packages *(effective 1/1/26)*

Available to Liberty members only. Packages may be purchased through the front desk at 734.665.3738 ext. 110.

60 minute Packages

Private 4-pack	\$308	(save \$8)
Private 8-pack	\$608	(save \$24)
Private 16-pack	\$1,184	(save \$80)
Private 20-pack	\$1,450	(save \$130)

30 minute Packages

Private 8-pack	\$364	(save \$12)
Private 16-pack	\$704	(save \$48)
Private 20-pack	\$850	(save \$90)