

Triple Play Sports Performance Training

“Breakfast Club Work Outs”

Monday - Thursday 6:00AM - 8:00AM

Contact Lyle Gonzales
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Triple Play Sportsplex
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Training Goals:

Our goal is to maximize each athlete’s unique physical and mental qualities to put him/her in the greatest possible position for success on and off the field of play.

- Education On Proper Biomechanics
- Learning Effective Diet, Supplementation, And Recovery Strategies
- Mental Toughness / Improved Confidence
- Patience (Results take time)

COST

Athletes pay a monthly fee of \$200. This gives them the ability to train up to 4 times a week for \$12 a workout!

Start Date: SEPTEMBER 10.

Who We Train:

We train athletes for every sport and every level — middle school, high school, college and professional.

How We Train:

Workouts are designed and implemented based upon science, research, and sport’s top performance coaches and medical practitioners. Training sessions will be comprised of full body movements and real-time tasks. Athletes will be instructed on proper warm-up, running/jump mechanics, lifting techniques, nutrition/ supplement plans, and therapy protocols.

Training Overview:

Workouts vary based upon training age, time of year, and sport, but a common plan is:

1. Warm-up
2. Speed Development
3. Power Development
4. Strength Training
5. Cool down
6. Nutritional Counseling

