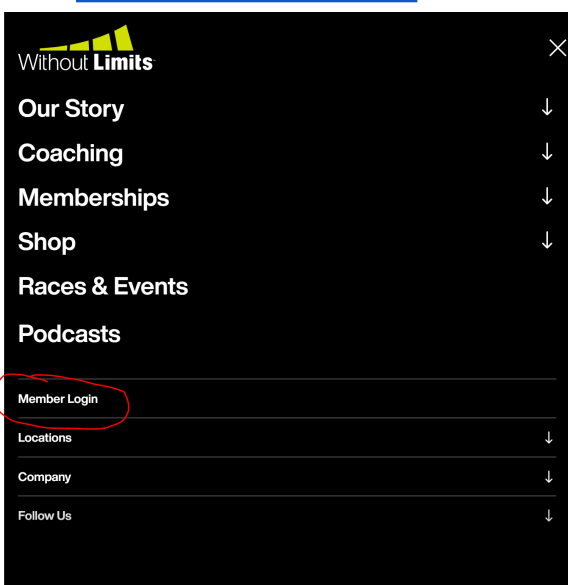




Welcome to Without Limits Coaching Division

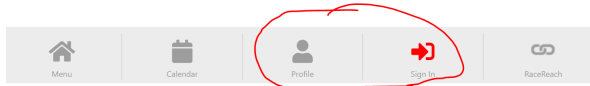
Below are the steps you need to take to get set up with our online athlete portal, pay for your coaching, and check into practices. All of our weekly information will also be posted in the portal and emailed to you each month.

Go to [www.iamwithoutlimits.com](http://www.iamwithoutlimits.com) - select MEMBER LOG IN

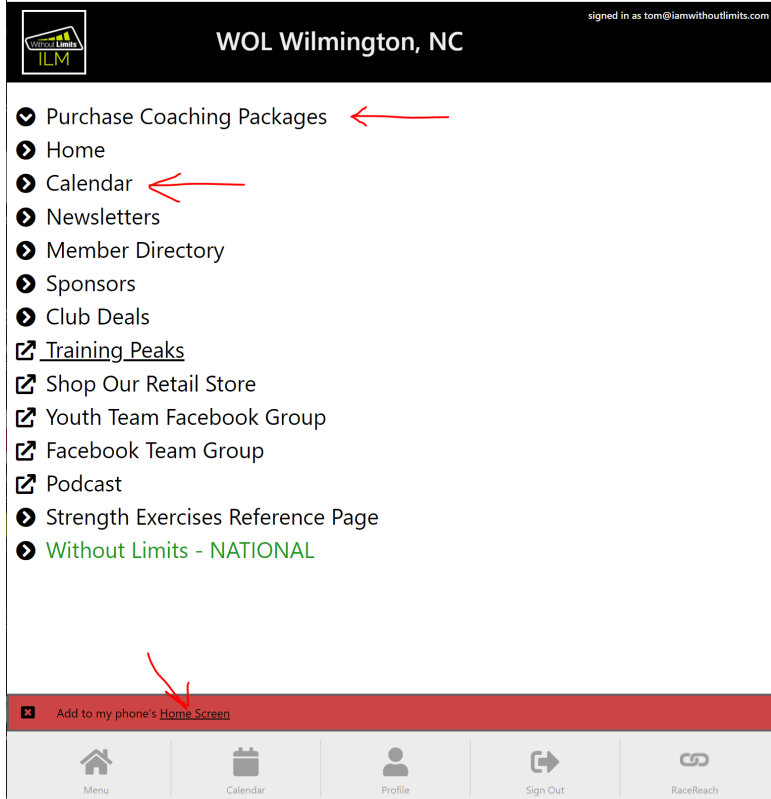


Join the athlete portal if you are not already a member. If you were a previous member and have been inactive for over 8 months, you will need to rejoin.

- Home
- Calendar
- Sponsors
- Club Deals
- Training Peaks
- Shop Without Limits Retail Store
- Podcast
- Youth Cross Country Camp
- WOL Greenville, SC
- WOL Charleston, SC
- WOL Wilmington, NC
- WOL Columbia, SC
- WOL Raleigh, NC
- Nutrition Coaching and Plans



Click on WOL WILMINGTON and Save this to your phone's home screen for easy access to the portal. This portal acts like a phone app.



To Sign up and pay, click on PURCHASE COACHING PACKAGES - ILM ADULT COACHING. There you can select

- Premium Multisport Coaching for Triathletes and Swim/Run
- Premium Single Sport Coaching which would be for running only plans or cycling/swimming only plans
- Essential Run Coaching which would be WOL Run Practices
- Add ons - Where you can buy swim practices packages, individual run plans, or Zwift and Zoom.

[Sign Out](#) | [tom@iamwithoutlimits.com](mailto:tom@iamwithoutlimits.com)

## ILM - ADULT COACHING + ADD ONS

PURCHASE RUN, COMPUTRAINER, SWIM, NUTRITION, STRENGTH

Welcome to Without Limits Wilmington Coaching

Please select a service below, and also select an add on if it applies to you. If you are unsure about what to choose please call us at 910-821-3009 or email at [info@iamwithoutlimits.com](mailto:info@iamwithoutlimits.com). Thanks and we look forward to working with you!

EMAIL \*

FIRST NAME \*

LAST NAME \*

PHONE \*

### Coaching Packages

You must select an option below whether you are here to pay for your monthly coaching service + an ADD ON service or if you just want to select our ADD ON services independently: 1 on 1s, Nutrition, Swim, Computrainer, or Strength.

PLEASE SELECT AN OPTION BELOW \*

- Premium Multisport Coaching Training Peaks
- Premium Single-sport Coaching Training Peaks
- Essential Coaching Package (Running Practice Only)
- Add On Coaching Packages (Swim, Cycle, Nutrition, Plans)

Once you complete the purchasing step, we will receive your receipt and get in touch with you. However, once you are done with your purchase also feel free to email [Tom@iamwithoutlimits.com](mailto:Tom@iamwithoutlimits.com) directly just letting you know you completed everything and you are ready to start and Tom or one of the coaches will be in touch with you.

When your billing cycle is over, we will send you a payment reminder to go ahead and pay again for your next month(s). You can pay in advance or one month at a time. You can keep track of your payments in your athlete portal by going to

PROFILE - MY PURCHASES

Thanks again, and feel free to email Tom - [tom@iamwithoutlimits.com](mailto:tom@iamwithoutlimits.com)

Or Call: 910-297-4973 and we will get in touch with you as soon as possible with any issues.

Welcome and we hope you have a great experience!