



## *Improve Your Performance on the Bike in 2010*

With a  
*12-Week Stationary Trainer Workout Series*

Lead by USA Cycling and USA Triathlon Certified Coach: Cody Waite

### **When:**

January 5<sup>th</sup> – March 25<sup>th</sup> 2010  
6:00-7:30 pm Tuesday, 6:00-8:00 pm Thursday evenings



### **Where:**

Body Mecca Concepts, 227 Broadway, 201, Denver

### **What:**

Twice weekly stationary trainer workouts designed to progressively build high-cadence pedaling skills, on-the-bike strength, climbing endurance, anaerobic threshold, VO2 max, and maximum power output.

### **Items you need:**

Bike w/ cadence sensor, Stationary Trainer, towel,  
Heart Rate Monitor, 8-10in. front wheel prop, fan (optional)

### **Cost:**

12-week series (24 workouts total)

- Sign up in December: \$320
- Sign up in January: \$360

### **Sign-Up:**

Email [cody@epcmultisport.com](mailto:cody@epcmultisport.com) to reserve your spot  
Space is limited to 30 athletes.

### **Optional:**

Pre and Post-Series **Lactate Threshold Testing**: Measure current level of fitness and identify heart rate and power training zones. Quantify increased level of fitness and re-identify new heart rate and power zones for spring training.

**\$100 per test**