



Per4mance Summer Training Series™

The Per4mance Summer Training Series™ offers local cyclist the opportunity to effectively train indoors under the direction of a US Cycling Coach.

Beginning in April, Per4mance Training will offer group training sessions that **focus on developing peak performance**. For the most part, each training session will involve interval and climbing workouts.

Each month involves a four week session that will meet on Wednesday nights. The first class will involve a threshold/assessment workout that seeks to maintain your threshold power for an extended period of time. The 2nd and 3rd session will alternate between an extended climb and anaerobic intervals. The concluding night will involve VO2 Max Intervals. The article in this month's newsletter on page one gives a general description of what these workouts achieve.

Each type of workout may be designed differently in order to provide variety and optimal results. For example, an anaerobic interval may include a warmup, 5 minutes at 90% to anaerobic capacity, recover for 5 minutes and continue. Or an anaerobic interval may involve intervals of 15 minutes at 100% to capacity. The design of these workouts will be appropriate in terms of periodization and will be custom "built" by one of our USA Cycling Coaches.

Summer Series Schedule:

The entire Summer Series Schedule is listed to the right. This class is offered on Wednesday nights only.

Prices/Availability:

The cost of the four week session is \$90. Class sizes are limited to 8 and reservations are made on a first come first serve basis.

Reservations/Refunds:

Reservations are secured upon receipt of \$45 per session.



Cyclists (above) participate in an Indoor Training Series. Each session accommodates eight cyclist. Cyclist are viewing their output data on a large projected screen.

Spring & Summer Training Series Schedule

April Session

April 5, 2006	Threshold/Assessment
April 12, 2006	Climbing
April 19, 2006	Anaerobic Intervals
April 26, 2006	VO2 Max Intervals

May Session

May 3, 2006	Threshold/Assessment
May 10, 2006	Threshold Repeats
May 17, 2006	Anaerobic Intervals
May 24, 2006	VO2 Max Intervals

June Session

June 7, 2006	Threshold/Assessment
June 14, 2006	Climbing
June 21, 2006	Anaerobic Intervals
June 28, 2006	VO2 Max Intervals

July Session

July 5, 2006	Threshold/Assessment
July 12, 2006	Threshold Repeats
July 19, 2006	Anaerobic Intervals
July 26, 2006	VO2 Max Intervals

August Session

August 2, 2006	Threshold/Assessment
August 9, 2006	Climbing
August 16, 2006	Anaerobic Intervals
August 26, 2006	VO2 Max Intervals

September Session

September 6, 2006	Threshold/Assessment
September 13, 2006	Threshold Repeats
September 20, 2006	Anaerobic Intervals
September 27, 2006	VO2 Max Intervals