

Indoor Cycle Training

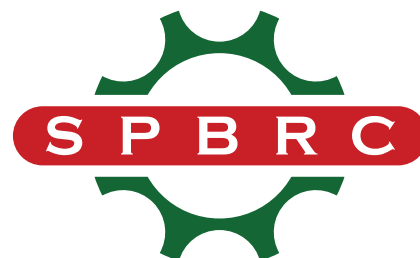
for SPBRC

Proper off-season training is fundamental to maintaining fitness and to laying the foundation for next year's cycling goals. Join SPBRC for this premier indoor cycling program led by USA Cycling Level II and Carmichael Training Systems certified coach, Fiona Lockhart and learn the intelligent way to gain power, speed and endurance.

Unlike traditional "spin" classes, this progressive series establishes individual heart rate and/or power ranges, utilizes your own bicycle and emphasizes training and conditioning principles that directly support and improve outdoor cycling skills.

This class is ideal for advanced athletes in search of professional-level coaching and for beginning cyclists looking to build a firm foundation.

This class is **free** to all SPBRC club members who have paid their 2010 dues. This is a great opportunity for professional coaching at no cost to you.



Date: January 23 through March 13 (Saturday's)

Time: 7:45 am to 8:45 am

*(Please arrive by 7:15 to allow time for set up, as training will start promptly at 7:45 AM!)

Where: Dancer's Studio, Inc.
99 Snelling Ave N
St. Paul, MN 55104
651-641-0777
<http://www.dancersstudio.com>

What do I need: Bike (in working condition), trainer, towel, heart rate monitor or power tap, water, food/fuel.
*(Knowing how to use your heart rate monitor/power tap will be your responsibility)

Can I attend only 1: NO! This is a 8 week commitment. Heart rate zones will be tested and set during the first class.

Registration: You **MUST** register, see registration link on www.spbrc.org
*(Please register ASAP! Registration deadline: Thurs 1/21//09!)

Who is it for: SPBRC members who have paid their 2010 dues.

***If you don't have a trainer Grand Performance has put together some great "ONE" time prices on TACX trainers. These are only available to club members between now and January 23 at Grand Performance.**

TACX TRAINERS

Model

Antares: Rollers
Magnetic
Sirius
Satori
Satori Blue
Flow: Ergo trainer
Bushido
i-Magic
Fortius
Fortius M: Multiplayer

*See Club email OR Contact Grand Performance for club member pricing.