

Iron Horse Training announces a new advanced class for IHT graduates and experienced cyclists who want a focused program with greater intensity:

ADVANCED Iron Horse Training

Where: The Hub Training Center, owned by Chris Wherry and Jimmy Kight at 489 Florida Road in the old Curves location across from Chapman hill.

When: Monday, Wednesday and Thursday @5:30 p.m. Saturday at 9:00 a.m.
Classes begin December 2nd, we're in the Hub until April 1st, then outside groups rides for two months up until the week of the Iron Horse Classic.

Price: \$495.

This is an incredible deal for a six month program! Lets talk comparative value:

Personal trainer workout: \$40./session twice per week. Six months for \$1,920.

Massage: \$60./hour/week. Six months for \$1,400.

Pole Dancing Lessons: \$125./six weeks. Six months for \$500.

Advanced IHT: \$21./week. Six months for just \$495.

That's right. AIHT is cheaper than pole dancing! Both classes will make you look better, but only AIHT will get you to Silverton faster.

How will we do this? Advanced Iron Horse Training will use power meter and heart rate equipped cycling stations. CompuTrainers for those who want to use their own bikes or CycleOps 300 PT spin cycles are available.

Plus, in addition to the best training equipment, we have a program that will teach you how to ride smarter, faster and stronger. Here's a partial syllabus:

Field Testing for Lactate Threshold, Heart Rate Zones & Power Zones

How to incorporate your test numbers into training zones

Calculating training intensities

Speed work, spin/stroke efficiency

Mental Fitness

Muscle Overload & Force/Power

Long intervals and Cadence

Core and musculature strengthening

Nutrition for high performance

Breathing for lower heart rate, higher power

Balance, Recovery, Relaxation, & stretching

Climbing and pacing strategies (group rides)

The AIHT Instructors are Cindy Dahlberg, Scott Dahlberg and Rich Fletcher. Spaces are limited. Respond to this email and reserve your place today! Your place in this exciting new class will be reserved upon receipt of your check.