

# IRON HORSE TRAINING

## At Anytime Fitness

Classes will start on December 1<sup>st</sup>  
Outside rides begin April 1<sup>st</sup>, 2011

Coach Julie will be your primary instructor.

Class times: 6:15 a.m on Monday, Wednesday and Friday.

Price includes spinning classes, heart rate threshold testing, coaching on outside rides and transportation on the longer rides in May.

You must be a member of Anytime Fitness. The price for the six month program is \$325.

Outside riding schedule begin in April.

Tuesday at noon

Thursday at 5:30

Saturday and Sunday at 10:00 in April

Saturday and Sunday at 9:00 in May

We will start a few of the outside rides from Three Springs.

### **Partial syllabus**

Field testing for threshold, heart rate zones

Calculating your training intensities

Speed work, spin/stoke efficiency

Mental fitness

Muscle overload and force/power

Long intervals and cadence

Core and musculature strengthening

Breathing for lower rate heart and higher power

Balance, recovery, relaxation and strength

Climbing and pacing strategies on the group rides.

Your check will reserve your spot.

Payable to:

Durango Mountain Bike Camp

4166 County Road 203

Durango, Colorado 81301