

# IRON HORSE TRAINING

At the Durango Rec Center

Classes will start on December 5th  
Outside rides begin April 3<sup>rd</sup>, 2012

Class times: 7:00 on Monday, Tuesday, Wednesday, Thursday and Friday.  
Monday, Wednesday and Friday will be spinning classes and Tuesday and Thursday will be a yoga training session.

1:15 on Monday, Wednesday and Friday will be spinning classes.  
8:30 will be a regular spinning class

We will cover topics at each spin class and get you ready to ride to Silverton.

Price includes spinning classes, yoga trainings sessions, additional evening seminars, heart rate threshold testing, coaching on outside rides and transportation on the longer rides in May.

The price for the six month program is \$325. You sign up at the rec center front desk.

If you just want to do the inside portion of the program the cost is \$225.

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

## **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.