



HUNTER ALLEN

Power Training. Powerful Results!
PEAKS COACHING GROUP



Training with Power Seminar



SALES, SERVICE & FITNESS

BYRAM, NJ

973.347.3733

Join the Peaks Coaching Group, the industry leaders in power analysis and training, for this informative seminar on Training with Power.

This exclusive seminar will cover the following topics:

- Pro's & Cons of using a Power Meter
- Types of Power Meters and which might be right for you
- How to start training with power
- Measuring your Threshold Power
- Developing accurate Training Zones for maximum results
- Using Power to Identify Your Strengths and Limiters
- How to build power based workouts to meet your individual profile & needs
- Quadrant Analysis Secrets
- Scoring workouts using TSS, IF and NP
- How to use power to track changes in your fitness
- Fitness vs. Form Tracking with through Performance Management

If you have a power meter, or are thinking about getting one this season, then this is a seminar you don't want to miss.

WIN A TRIP

Come to the Seminar
and Register to

Win a Trip

To Peaks Coaching Group
2011 Power Camp

- Bedford, VA
 - Durango, CO
 - Boiling Springs, PA
- YOU CHOOSE!***

Value \$1795.00

Drawing Feb 7, 2011

* If a camp has been canceled, you will be offered a spot in a future Peaks Camp

Peaks Coaching Group



Tim Cusick
Peaks Coaching
Group

Put Bike Clubs Here

www.peakscoachinggroup.com