

Santa Fe Century Training

at the Genoveva Chavez
Community Center

*This year, weekends
are for riding outdoors...
Thursdays are for training!*

***Thursdays 5:30pm - 7:00pm
February 18 - April 25, 2010***

Led by Kim Bear & Dan McGirk

Designed to train and prepare the novice while providing challenge and motivation for veteran cyclists.

We will guide you through a comprehensive training program to enable you to ride 100 miles!

For the first few weeks the classes will be 1.5 hours and then will progress to 2 hour classes.

\$ 125.00 PACKAGE INCLUDES:

- Team GCCC Cycling Jersey
- Training on Indoor Stationary Bikes
- Core and Flexibility Training
- Training with Heart Rate Monitors

BENEFITS OF TRAINING:

- Increase Endurance, Power & Speed
- Improve Flexibility & Strength
- Enhance Aerobic Base & Lactate Threshold
- Develop Skills for Focus, Pacing, Confidence & Goal Setting

INSTRUCTIONAL TOPICS:

- Principles of Heart Rate Monitor* Training
- Sports Psychology
- Endurance Ride Preparation
- Hydration & Nutrition

****Each participant must have a
Heart Rate Monitor to use during class.***

For more information call 955-4009.
chavezcenter.com

