



Endurance Group Programs Fall 07- Winter 08

www.sportdevelopment.com, peakpower@sportdevelopment.com, (403) 284-7175

Summer is over! It's time to think about your off-season training now. Don't wait until New Year's to get in shape! Let the sport science experts at Peak Power guide your training through this important training period.

Program	Dates ^	Description	Details	*Cost
Cycle Power	Oct 22 - Feb 26	16 week spin program incorporating scientifically proven interval techniques to maintain a high weekly intensity workout throughout the off-season. Also includes active flexibility training. (10 trainers and 5 spin bikes will be available on a first come, first served basis. Each time slot is limited to 15 riders.)	Mondays or Tuesdays: 6:30-8:00pm	Spin bike or trainer rental included: \$300
Cycle Power Testing Package	Call 210-4098 to book	Take your training to a higher level! Add a VO2max test and a body composition to your program to establish your personal training zones to optimize fitness gains.	Flexible booking times.	Includes an appraisal of your results and training consultation with a sport scientist: \$145
Endurance Strength Power	Oct 24 – Feb 27	16 week strength training program specific to endurance athletes. Increase your functional and absolute strength and power to increase your running or cycling efficiency as well as increase injury prevention.	Wednesdays: 6:30-7:30pm	Includes pre and post strength testing to track gains: \$200
Power Yoga for Athletes	Oct 25 - Feb 28	A 16 week program designed for athletes of all sports who are yoga beginners or novices. The yoga taught is based on the dynamic Ashtanga style which enhances dynamic flexibility and balance, core strength and mental focus.	Thursdays: 6:30-7:30pm	Yoga mats provided, however you may bring your own: \$200

*Save 10% on total with multiple registrations. Refer a friend and receive 20% of the purchase price of their program to use towards your next test or training purchase. Payment in full due at start of program. GST not included in price.

^ All programs include a 3 week Holiday Break from December 14/07 to January 6/08