

Race Fit with 6-10 Hours per Week: Developing Your Off-Season Training Program

Presented by
Team Somerset

Morristown, NJ
Sunday, December 02, 2007

Online Registration Closes
Friday, November 30, 2007 at 11:45 PM ET

Online Registration is closed.
Event registration may still be available race-day or by mail.
Please [contact the event promoter](#) for additional information.

CATEGORY	START TIME	FEE	FIELD LIMIT
All Attendees	8:00 AM	\$100	10
Learn How to Create Your Own Training Program to Be Race Ready by April			

This workshop is for any level of cyclist who wishes to compete in local and regional races and who has only 6-10 hours per week to train.

All athletes will learn how to perform a zone test, perform the test during the workshop, and use their actual test results to map out a training program from December to the first official season opening race in April.

In addition, attendees will learn what on-the-bike exercises and drills accomplish their daily zone training goals, how to divide their program into training blocks leading into April, and how to incorporate rest intervals.

Attendees will also learn about the dietary requirements of cyclists during the off-season period. They will learn how to keep a food log and determine their own daily intake of carbs, protein, and fat, and how to optimally adjust that diet to match training goals.

Finally, attendees will learn a series of dynamic flexibility training exercises to complement their bicycle training. These exercises can be used as a warm up for training or racing, improve flexibility on and off the bike, and reduce chronic pain from previous injuries.

All attendees must bring:

- Road bike
- Heart rate monitor or power meter
- Water bottle and/or appropriate nutrition for a 45-min performance test
- Cycling clothes for an indoor performance test
- Comfortable gym clothes for a dynamic flexibility session

Date: Sunday, December 2, 2007

Time: 8 AM – 5 PM

Location: XTrain Fitness, 58 B South Street, Morristown, NJ

Cost: \$100 includes 2 meals

Questions: 973-879-9818 or Brooke.Wilson@hotmail.com

Instructors: Gerard Murray, Level 1 USA Cycling Coach & Brooke Wilson, Multi-State and Masters National Champion