



exercise institute

Endurance Base and Time Trial Training Program

Now is the time to lay a foundation for your pursuits toward the summer months. This means training toward goals that include improving your endurance fitness, or base fitness, and sustained power. We do this now as it keeps us out of trouble and also lays a great foundation of fitness for higher end work that comes closer to racing occasions, such as the Time Trial season and Tour of Margret River

What is involved?

We start out with a relative FTP or 'threshold test' to best ascertain your sustained power output. From here we then look at providing specific intervals at or above this figure to improve on your sustained power.

Each week the interval sets are prescribed to your own fitness levels such that regardless of ability anyone can complete the program.

What is required?

All sessions occur indoors on state of the art testing and training equipment. You just need to bring: your bike; cycle clothing; cycling shoes; towel and water bottle.

When is it?

Sessions start in the week of 23rd August on the Wednesday morning session and/or Friday mornings from 6am- 730am

Program options

1. Once weekly session, including a threshold assessment and a tailored training interval set on the Wednesday or Friday followed by an end of program threshold test. Cost: \$180
2. Bi-weekly sessions, including a threshold assessment and a twice weekly tailored training interval set on the Wednesday and Friday AM followed by an end of program threshold test. Cost \$300

Hall Cycling clients receive a 10% discount, HCT10%off is the coupon code.

Please book online at: <http://www.exerciseinstitute.com.au/book-now/>
Exercise Institute, suite 1, 1010 Wellington St West Perth

We hope to see you in here soon! Kind Regards, Mel, Jess, AJ, Sam and Brad!!

