



exercise institute

Sprint Training Programming

This program is aimed at improving your ability to sprint in the drops and repeatedly accelerate in and out of corners to lessen fatigue associated with intermittent maximal efforts, great for criterium training and group riding fitness. The devices we use for these sessions allow for individual exercise prescription to your own fitness level. Performed on your own bike we use state of the art testing equipment to track and monitor your own fitness as it increases over time.

What you get:

1. A repeated sprint test: measures your baseline ability to sprint
2. Development of a tailored ergo activity set each week based on the above baseline test, tailored meaning of your own fitness level NOT that of another's.
3. Explanation around how the program is implemented to ensure your adaptation is guaranteed.
4. A post exercise repeated sprint test to measure the increase in fitness across the period.
5. 6 weeks of ergo training 1 or 2 days a week! Sessions occur Monday or Wednesday evenings either 4pm or 530pm for approximately 1.5hrs. Please bring your own bike and cycling gear, bidon and towel.

Why do indoor 'ergo' training?

1. You are tucked away from the elements
2. It is safe, no cars
3. The training intensity is 100% tailored to your own fitness levels NOT that of another's
4. Everyone finishes together as a group
5. We guarantee fitness improvements across the program, we will even be able to show you week to week how this occurs.

Costing:

- One session a week including 2x testing and weekly training programming for the ergo session to your ability over a 6week period \$180
- Two sessions a week including 2x testing and weekly training programming for the ergo session to your own ability over the 6week period \$360

*Current HCT clients will receive a 10% discount on this program, please email for the discount code.

SPOTS ARE VERY LIMITED SO PLEASE RESERVE EARLY. GET A FRIEND AND GET TOGETHER!!!

Please email training@bradhall.com.au We hope we get to see you at our new facility!

Kind regards,

Mel Robinson, Jess Allen, Sam Davis, Mike Fitzgerald, Anthony Giacoppo & Brad Hall