

SportsLab

Fitness Testing & Performance

During the evening we will discuss:

How training changes our bodies' physiology

The aerobic threshold and how it affects our performance

What type of training gets the best results?

What training should we be doing at this point of the season?

Are there any shortcuts?

What are the common mistakes?

Practical demonstration

What can be learnt from a fitness test?

Maximizing sequenced muscle activation & power output.

Is a power meter worth the cost?

Question and Answers

Contact Details
Adam Hardy
adam@sports-lab.co.uk
07866 748721



Cycle Coaching Evening

7.00pm Thursday
December 15th

South Cave WI Hall
Church Street
HU15 2EP

Drinks and Snacks
Available

Join us for an evening talk on training theory

Come along and find out how to improve your training methods. Could you make better use of your time? Do you ride your bike efficiently and how can you improve your technique?

Over the course of the evening you can enjoy a range of subjects and learn how to maximize your training.



If you would like to attend

Book before 30th November 2011 for only £4.50 per person

After 30th November 2011 £5.50 per person

On the night £6.50 per person

Under 18's receive a £1 discount

Please send a cheque (payable to A.Hardy) together with your name, address and email to:

17 Wesley Close, South Cave, East Yorkshire, HU15 2EJ

Alternatively, you can pay by **PayPal**

Just login and send payment to adam@sports-lab.co.uk and your ticket and receipt will be e-mailed to you.

www.sports-lab.co.uk



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Fitness Testing & Performance

Cycle Coaching Evening Thursday 15th December 7.00pm

South Cave Women's Institute Hall

Marked with an A on the map below



From the A63 Westbound & Eastbound

Leave the A63 and follow the directions to South Cave. As you drop downhill into the village turn left onto Church Street and continue for 300 meters. The WI Hall is located on the right hand side of the road and hidden a little by a high wall.

From A1034 Market Weighton

As you drop downhill into the village turn right onto Church Street and continue for 300 meters. The WI Hall is located on the right hand side of the road and hidden a little by a high wall.

Cycle Coaching Evening

Name: _____ Email: _____

Address: _____

Before 5th December 2011 £4.50 per person

After 5th December 2011 £5.50 per person

On the night £6.50 per person

Under 18's receive a £1 discount on all prices

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