



Power Training. Powerful Results!
PEAKS COACHING GROUP



Hunter Allen Power Training Seminar 2 Day Seminar

March 31st & April 1st 2012

Attention Coaches & Athletes!

Understand the basics of Training with Power; power devices, terminology and concepts, as well as learn advanced topics like race file analysis, quadrant analysis, how to build a periodized training plan, fatigue profile and lots more.

Schedule for Saturday March 31st:

4:00-6:00 PM Intro to Power I

6:00-6:45 Break for light dinner (provided)

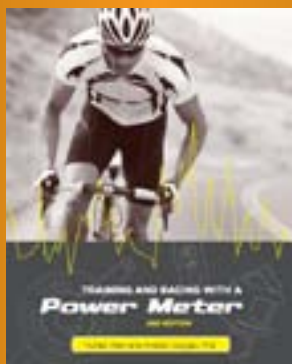
6:45-9:00 PM Intro to Power II

Schedule for Sunday April 1st:

9:00-12:00 PM Intro to Power III (15 min coffee/snack break)

12:00-1:00 PM Lunch (not provided)

1:00-5:00PM Intro to Power IV (15 min coffee/snack break)



Hunter Allen will sign your copy of "Training and Racing with a Power Meter" 2nd Edition available for purchase at the event



Seminar Location:

Ascent Physical Therapy & Performance Lab #102
 1040 Railway Ave, Canmore, T1W 1P4

Cost: \$215.00 pp (plus GST)

To Register Contact - Reception Ascent Physical Therapy (+1)403 678 8855 (CCPayment)

Accommodations: Radisson Canmore Hotel

51 Bow Valley Trail, Canmore T1W 1N7 (+1) 403 678 3625

\$89.00 pp (mention Ascent Physical Therapy for special rate)

The first 3 registrants will get a FREE signed copy of Hunter's Book

For more information go to: www.ascentphysio.com/powerclinic

Learn Power Training From the Guy who Wrote the Book!

Hunter Allen, Legendary Cycling Coach, Co-Author of "Training & Racing with a Power Meter"; Co - Developer of Training Peaks, WKO Software and Founder of Peaks Coaching Group. Hunter Allen is widely known as one of the top experts in the world in coaching endurance athletes using power meters.

Peaks Coaching Group has the most experienced group of professional coaches in the world training their athletes with power! PCG is 40 coaches strong, all USAC Certified and Hunter Allen Power Certified. From road and mountain biking, to cyclocross and triathlons...Peaks Coaching Group has you covered!

www.peakscoachinggroup.com

Power Training. Powerful Results!

