

TRIATHLON FITNESS AT THE KETTLEBELL GYM

TRIATHLON FITNESS WITH KETTLEBELLS, CLUBBELLS, MOBILITY DRILLS AND BODYWEIGHT EXERCISES

Reach your potential.TRIATHLON » DUATHLON » RUNNING » SWIMMING » CYCLING

We measure fitness as the ability to move with ease, speed, accuracy, control and power. Helping you realize your athletic potential is our goal. Whether you are a runner, swimmer, duathlete, or triathlete, we can guide you in your efforts to move to the next level. To do this, we offer specific conditioning programs. One-on-one coaching services are designed to fit your needs. Whatever your goal is, we can help you achieve it.!

Take the guesswork out of your training.

For the person working to reach their physical potential, having a coach is paramount. People often spend years randomly training. How can they hold lofty aspirations of obtaining their goals without a specific purpose to each workout? The Kettlebell/Clubbell® Gym is the answer. Our training programs are based on postural evaluations. Your posture follows you on the bike, on the trail and in the water. How can you move more efficiently? We teach dynamic postural alignment, synchronized respiration and balanced tension and relaxation techniques and ways to exercise with perfect form. We use the SAID principle. Specific Adaptation to Imposed Demand. You get really good at what and the way you practice. We fix the weakness link to enhance your athletic performance.

TRAINING PROGRAMS

Triathlon, Duathlon, Running

We offer **specific individualized training programs** based on your goals, fitness level, and time constraints. We begin with a **postural assessment** to determine how efficiently you move. **Movement patterns become habits and follow you in everything you do.** Using awareness and conscious neuromuscular-reeducation protocols, we customize your training program to help you make the most of your training time.

KETTLEBELLS CLUBBELLS®

We will design a Kettlebell/Clubbell® workout to enhance your training program. We will teach you how to minimize your weight training time for maximum results. We set up six week training cycles, based on your competition schedule. You can do the program at our facility, your gym or home. **Remember the three important factors that determine endurance performance:** .Maximal oxygen uptake .Lactate threshold .Economy of effort Trainers must know the triathlete's energy requirements and the corresponding physiologic adjustments to meet these requirements in order to develop the proper fitness program as well as to evaluate the athlete's status before and during the program.

PRIVATE COACHING

We offer the highest quality private coaching options. Many of our clients have limited time for conditioning and need to have a periodization programs. We put together a program that is portable, dynamic and most importantly it is a program that works. We will provide you with a video and a written outline of your workout. Conditioning program updates can be done via the web.

NEURAL/ MOBILITY DRILLS, BODYWEIGHT EXERCISE

Our joint mobility drills are designed to mobilize every joint of the body. When bones move freely, they send neural signals to the muscles that they can work properly. Joint mobility is the key to efficient movement. We combine various movement patterns to create systemized routine release movement restrictions. Bodyweight exercises complete the conditioning package, providing you with the ability to recruit maximal multi-joint efficiency as you cycle, hike, swim and cycle.