

Coached Bike Classes at Fast Splits Begin Dec. 3

1365 Washington St., W. Newton

***** Register Now by calling Fast Splits at (617) 969-0608. *****

Cost: \$190 for 8-week session.

It is that time of year again! Coached bike sessions at Fast Splits with seven other sweaty, endorphin-charged athletes will be sure to motivate you through the winter doldrums. Join Coach **Karen Smyers*** or **Dede Griesbauer**** for an 8-week program that is guaranteed to improve your cycling. Karen and Dede will share the knowledge and training techniques that have led to their Ironman wins and top bike splits. All levels are welcome—no one gets "dropped"! These sessions have gotten rave reviews from triathletes and cyclists alike. Classes fill up fast, so don't delay! (Space is limited to 8 per class.)

All classes are conducted on your own bicycle*** mounted on Fast Splits' Computrainers. During the 8-week session, we will do a progressive, individualized, HR- and wattage-based training program designed by Coach Smyers that will enhance strength, power and endurance through tracking and targeting watts as well as improve pedaling efficiency and technique. Each participant will learn training techniques that can be employed year round. A heart rate monitor is recommended (but not required).

Evening classes:

			<u>Coach</u>
Monday	Class 1: 6:00-7:00 pm	Class 2: 7:15-8:15 pm (Dec 3-Jan 28)	Karen
Tuesday	Class 1: 6:00-7:15 pm	Class 2: 7:15-8:15 pm (Dec 4-Jan 29)	Dede
Wednesday	Class 1: 6:00-7:00 pm	Class 2: 7:15-8:15 pm (Dec 5-Jan 30)	Dede
Thursday	Class 1: 6:00-7:00 pm	Class 2: 7:15-8:15 pm (Dec 6-Jan 31)	Karen

Morning Classes:

Tuesday	Class 1: 9:30-10:30 am	Class 2: 10:45-11:45 am (Dec 4-Jan 29)	Karen
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Please arrive 15 minutes before class begins to set-up your bike. We will make every effort to keep the classes running on time.

All sessions will be 8 weeks long and begin the week of Dec. 3rd. (No class the week of December 24th and a make-up class will be scheduled for Monday Dec 31st and Tuesday Jan. 1st classes.) A second 8-week session will follow in February and March.

***Karen** is a 3-time World Champion triathlete and Hawaii Ironman World Champion

****Dede** finished 7th in the 2007 Hawaiian Ironman and won Ironman UK in 2006.

*******There is room for bikes to be stored at the Fast Splits store.