

# **SOURCE** **ENDURANCE**

TRAINING CENTER of the ROCKIES

## 6 Weeks to Fitness

Want to be fit for some killer weekend riding and events this spring and summer? Join us for 6 Weeks to Fitness. We'll use specific interval training that will increase in intensity week to week for quick and efficient workouts during the busy work-week and with the encouraging environment of a group setting. We'll have you feeling great for summer!

Perfect for road riders, mountain bikers, triathlete and the gravel enthusiast. No experience needed.

**Times:** April 18th through May 25th.

Choose T/TH 6:30am, or T/TH 5:30pm.

**Duration:** 6 weeks, 2 class sessions per week.      **Cost:** \$270 (\$90 for unlimited members).

10 slots per class, 20 spots total.

### The Perks:

- 2 Kickr power tests at the beginning and end of the series to evaluate results.
- 2 Kickr group workouts per week.
- One take home workout for Wednesdays
- Recommended rest day(s) or pre-race efforts
- Weekly training tips on Sunday evenings to reflect on the previous week, preview the week ahead, and other training and event tips.
- One 30 minute treatment from Empower Performance Therapy athletic training with optional add-ons.
- Take-home report and recommendations at the end of the series.
- Source Endurance T-Shirt & schwag bag.

Learn more about [Coach Zack Allison](#) & [Source Endurance Training Center of the Rockies](#).

[Sign up now.](#)

