

# **SOURCE ENDURANCE**

TRAINING CENTER of the ROCKIES

## **6 Weeks to Fitness: Summer Tune Up**

Amp up that summer fitness for all your great bike adventures this summer. Join us for 6 Weeks to Fitness: Summer Tune Up. 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 the rest of summer! [Our participants in our first series had an average threshold gain of 11.2%!](#)

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



**Times:** June 19th through July 26th.

Choose M/W 6:30am, or M/W 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 per week
- Recommended rest day(s) and long ride or race days.
- 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.

Sign up on MindBody in the [Online Store](#).