

PEAK PERFORMANCE

TRIATHLON TRAINING PROGRAM

Designed for optimal performance & conditioning

- Functional screen by a physical therapist
- Swim analysis & conditioning
- Triathlon specific spin class
- Strength training



8 week program

All sessions in one location

Register by February 1st - class size is limited to 8 participants

To register call 637-4747 or email ptinfo@verizon.net



• PHYSICAL THERAPY • AQUATIC THERAPY •
• SPORTS PERFORMANCE •

ABOUT PEAK PERFORMANCE

Whether you are a first time triathlete or competing in your fifth season of triathlons, Peak Performance will increase your success in the sport. Mary Lou Corcoran Physical and Aquatic Therapy designed Peak Performance to combine the science of endurance training with the expertise of a licensed physical therapist. Incorporating endurance training, personal training, injury prevention and functional movement analysis, Peak Performance will take an entry or elite level athlete to the next step.

On the first day, each client will undergo a functional screen by Troy Andrews, PT. This will identify areas of dysfunction and imbalance that could inhibit peak performance or cause injury. Troy will then work with Jamie Campbell, personal trainer, to develop a program best suited for each client based on the findings of the functional screen. At the end of the eight weeks each client will receive a second functional screen allowing them to see their progression with measurable results.

One-on-one swim sessions will analyze the clients stroke, locate areas of weakness and develop a more efficient and effective stroke.

Group Circuit training session will maximize functional strength, conditioning and performance through the use of bodyweight, functional exercise equipment and cardio equipment. Athletes will improve core strength, increase flexibility and reduce the risk of injury.

The Tri specific spin class is designed to increase speed, power and efficiency on the bike. Addresses bike form, fit and weaknesses making you more knowledgeable and prepared for the longest leg or your race.

PEAK PERFORMANCE STAFF

Jamie Campbell, Certified Personal Trainer

With a passion for fitness and a healthy lifestyle, Jamie has 16 years of certified personal training experience. He holds an AMFPT certification and has specializations in body composition, functional strength and endurance training. Jamie's experience includes beginner to elite level athletes of all ages. He is active in all major endurance events, running, cycling, triathlon and XTERRA. He has been competing in endurance races for 6+ years.

Troy Andrews, PT, CES

Troy received his BS in Physical Therapy from Upstate Medical University in 1993 and a BS in Exercise Science from Cortland State in 1987. Troy's specialties include sports rehab, sports performance, corrective exercise, functional movement screens, manual therapy and Myofascial technique. Troy has worked with high school, collegiate, semipro and professional athletes, helping them to return to sports and maximize athletic performance.

IMPORTANT INFORMATION

- Availability is limited to a maximum of 8 clients per session, registration and payment are required to reserve a spot in the program.
- Trainers will be provided, clients will bring their own bikes
- Locker rooms with showers are available for use
- Clients should bring their own towels, water, locks for lockers.....
- At the first group meeting there will be a sign-up for one-on-one swim sessions and group training dates. Clients should bring their schedules and be prepared to sign-up for times and dates
- Clients will be required to sign a contract and liability waiver at the time of payment
- Makeup dates will be provided on February 25th and March 17th by appointment. Makeup's are available to clients who notify MLCPT in advance that they will be unable to attend a scheduled date. No makeup's will be given for no shows or classes canceled without 48 hour notice
- No refunds will be granted

Peak Performance Triathlon Training Program includes:
7 triathlon specific spin classes
2 functional screens
3 small group circuit training/strength training classes
3 one-on-one swim analysis/drills
1 transition group class

Schedule of Dates:

<p>Saturday February 11th All participants 8:15am – 9:00am Introduction Swim & Group training dates sign-up 9:00am – 12:30pm Functional Screens (every 20/25 minutes)</p>	<p>Monday February 13th 7:00pm – 9:00pm Functional Screens (every 20/25 minutes) (For participants who did not receive Functional Screen on Saturday)</p>
<p>Tuesday February 14th Participants will sign up for one of the following: 8:00-8:30am Swim Stroke Analysis 8:30-9:00am Swim Stroke Analysis 5:00-5:30pm Swim Stroke Analysis 5:30-6:00pm Swim Stroke Analysis 7:30-8:15pm Group Circuit Training</p>	<p>Thursday February 16th All participants: 6:00-7:00pm Spin Class</p>
<p>Tuesday February 21st Participants will sign up for one of the following: 8:00-8:30am Swim Dills 8:30-9:00am Swim Drills 5:00-5:30pm Swim Drills 5:30-6:00pm Swim Drills 7:30-8:15pm Group Circuit Training</p>	<p>Thursday February 23rd All participants: 6:00-7:00pm Spin Class</p>
<p>Tuesday February 28th Participants will sign up for one of the following: 8:00-8:30am Swim Dills 8:30-9:00am Swim Drills 5:00-5:30pm Swim Drills 5:30-6:00pm Swim Drills 7:30-8:15pm Group Circuit Training</p>	<p>Thursday March 1st All participants: 6:00-7:00pm Spin Class</p>
<p>Tuesday March 6th Participants will sign up for one of the following: 8:00-8:30am Swim Dills 8:30-9:00am Swim Drills 5:00-5:30pm Swim Drills 5:30-6:00pm Swim Drills 7:30-8:15pm Group Circuit Training</p>	<p>Thursday March 8th All participants: 6:00-7:00pm Spin Class</p>
<p>Tuesday March 13th Participants will sign up for one of the following: 8:00-8:30am Swim Dills 8:30-9:00am Swim Drills 5:00-5:30pm Swim Drills 5:30-6:00pm Swim Drills 7:30-8:15pm Group Circuit Training</p>	<p>Thursday March 15th All participants: 6:00-7:00pm Spin Class</p>
<p>Tuesday March 27th Participants will sign up for one of the following: 8:00-8:30am Swim Dills 8:30-9:00am Swim Drills 5:00-5:30pm Swim Drills 5:30-6:00pm Swim Drills 7:30-8:15pm Group Circuit Training</p>	<p>Thursday March 29nd All participants: 6:00-7:00pm Spin Class</p>
<p>Saturday March 31st All participants: 8:30am – 12:30am Assessment (Functional screens to be scheduled during this time)</p>	<p>Thursday April 5th All participants: 6:00-7:00pm Spin Class</p>
<p>Tuesday April 3rd All participants: 6:00-7:00pm Transition Class</p>	<p>Make-Up Dates* (by appointment only): February 25th March 17th <i>*Make-ups are available to clients who notify MLCPT in advance that they will be unable to attend a scheduled date. No make ups for no-shows or classes canceled without 48 hour notice.</i></p>