


YOUR TRAINING ZONE

Endurance Sports Performance

YourTrainingzone.com

trinrun@yahoo.com

Lecture:

“How to Make Lactic Acid Your Friend”

How Everyday Athletes Can Use Their Friend Lactic Acid to Perform and reach their Potential

Train with Correct Training Zones to Maximize Your Limited Time and Resources

Mike Pierson M.D., USA Cycling Coach, Triathlon Coach, Endurance Athlete

Date: Tuesday January 15th, 2007

Location: Attitude Sports Fon du Lac

Time: 7 p.m. -8 p.m.

RSVP: 920-923-2323

Food and Refreshments Provided