



# Training with Power CompuTrainer Classes

**8 week program designed to help you take your cycling to the next level**

**When:** Monday & Wednesday @ 5:45-6:45 pm, starting November 2nd

**Where:** Appleton Wheel & Sprocket in the CompuTrainer Studio

## Training with Power Differance:

- \*CompuTrainers are the newest training device in indoor cycling
- \*CompuTrainers allow you to track you power output, cadence, mph, spin scan analysis, and the ability to ride different courses
- \*Power threshold training to set your optimum training zones
- \* Train in the exact Zone you need to be in to maximize your results.  
No over training- No under training!
- \*Classes cover ride skills for all levels of riders including proper form, technique, efficient pedal stroke, pace setting, climbing, standing, aero position riding

**Training with Power classes will be lead by USA Triathlon Certified Coach Nathan Ennis**

*\*Limited Availability sign-up will be on a first come basis\**

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**Cost: \$125 for 8 week session/2 sessions per week**

**To Register fill out form below and bring into Wheel & Sprocket in Appleton**

Name \_\_\_\_\_

PH# \_\_\_\_\_

Email \_\_\_\_\_

**Wheel & Sprocket**

**3939 W. Collage Ave**

**Appleton, WI 54914**

**Make checks payable to:**

**Nathan Ennis**

**If you have any questions call 608-345-6997 or visit [www.tri3training.com](http://www.tri3training.com)**

