

# JENNIFER SAGE IN STUDIO

Specialized cycle conditioning to prepare for and inspire your outdoor riding season

Vail Athletic Club

970/476-7960 - VailAthleticClub.com

**PER SESSION** \$25 mbrs, \$35 gsts

**SERIES OF THREE** \$60 mbrs, \$90 gsts

Only 13 spots available—register early!

## LACTATE THRESHOLD FIELD TEST

**TUESDAY, MARCH 16, 5:30–7 PM**

Join us for this class if you want to lose weight, burn fat, improve strength for riding hills, endurance, or your overall cycling performance. Have you ever used the heart rate charts and felt the suggested intensity didn't make sense? You are not alone! Whether you are a cyclist, endurance athlete, or just want to increase general fitness, determining your threshold provides you with personalized training zones that produce results. Your threshold is the single most important element of your fitness you can discover. Once you do, you can *train smarter, not harder!* After a long warm-up, we will ride a carefully guided 20 minute hard effort. Your average heart rate is recorded, which is then used to calculate your personalized training zones (no more average charts)! You must have a heart rate monitor that records averages. Upon sign up, you will be given the field test requirements and protocol, and a detailed handout on threshold and how knowing it will improve your training and help you meet your goals. The value of this test with a trainer is over \$100!



## ALPE D'HUEZ MASTER RIDE

**TUESDAY, MARCH 30, 5:30–7 PM**

One of the most famous climbs in the world, the enigmatic Alpe d'Huez has 21 switchbacks with an average 8% grade. It is often contested at the end of a long stage in the Tour de France. This ride will get into your head, and you will become a rider of the Tour, assisting your teammates over the long stage, faced at the end with this climb of mythic proportions. You, the rider are not a team leader near the front of the pack, but rather a "domestique" who works hard for his teammates, and arrives at Alpe d'Huez almost in last place. *Will you make it? Can you make it?* Learn where to go inside yourself to succeed when you have doubts, and experience the thrill of success. This is an emotion-packed ride!

## MOVING MOUNTAINS MASTER RIDE

**TUESDAY, APRIL 13, 5:30–7:30 PM**

We've all experienced those moments while riding where you feel totally connected with the bike and with your breath, like you and the bike are one, totally in control and totally at ease, even when it gets difficult. Would you like to guarantee those moments of optimal experience every time you ride? When you recognize the fundamentals that help you achieve what you never thought possible, you will seek to place yourself in this optimal state of mind, a state known as FLOW. The mindset accompanying FLOW tends to push a person to his or her limits, and what you learn in this class can be applied to any athletic or even a non-athletic endeavor requiring commitment to a purpose. We will be climbing for almost two hours during this session, most of it seated, with ample time to reflect on and absorb the nine components of FLOW. You will leave this class with a feeling of empowerment, like you've just experienced something very special, like you are even able to *Move Mountains!*



## ABOUT JENNIFER SAGE

Jennifer Sage has been an internationally recognized Master Instructor for the Spinning program for the past 12 years. She is also the creator of IndoorCycleInstructor PRO, an online instructor training program, and the creator of the premier indoor cycling online training blog. Her workshops and master classes have been some of the most popular at Spinning and fitness conferences around North America. Jennifer has also been a Vail Valley personal trainer for the past 15 years. An avid cyclist, she specializes in bringing the outdoors indoors into her classes, tapping into the mental component of cycling, and motivating her riders into accomplishing challenges they didn't think possible. As a coach and trainer, Jennifer helps her students and clients to meet their training goals.