

Registration

Name _____
Birthdate _____ Age _____
Male/Female _____
Street _____
City _____
State _____ Zip _____
Phone _____
Emergency contact name and phone

email _____
allergies, medical conditions we should
about _____

Amount Enclosed: _____

Make checks payable to:

Go! Training

5032 28th St, St Louis Park, MN 55416

Cost:

Spring Technique Training \$180

Spring Strength Training
\$100

Summer Ski Training- 2 days \$250

Summer Ski Training- 3 days \$350



Photos courtesy of Paul Phillips,
www.competitiveimage.us

Endurance Training for MastersAthletes

St. Louis Park Rec Center, 3700 Monterey
Dr, St Louis Park., \$5 admission

Spring/Summer 2005 XC Ski Training for Adults

with
Go! Training

Skiers Are Made in the Summer !

Piotr Bednarski, 952/924-0381

www.gotraining.us
gotrainingus@aol.com

Training Lectures

Why, When, and How of Endurance Training

1) Monday, April 11th, 7:00pm-8:30pm,

Endurance Training for Junior Athletes

2) Tuesday, April 19th, 7:00pm-8:30pm



Ski faster ! Train smarter !

- Top quality coaching with international experience.**
- Train Hard and Train Smart**
- Individualized Attention**
- Education in training methods and physiology**
- Technique Coaching**

Join coach Piotr Bednarski for some challenging and fun spring and summer training!!!

Our Mission:

The mission of Go! Training is to provide excellent coaching, training plans, and an exciting training environment for junior, senior and master endurance athletes.

World Class Experience-

Coach Piotr Bednarski has 17 years of coaching experience at all levels of endurance sport. He is a National Masters Champion in cross country skiing and biathlon. He is also an avid competitor in distance running and mountain biking. Piotr has several years of graduate level education in exercise physiology and biomechanics, and continues to educate himself on the newest techniques and theories in endurance training.

Coach Piotr has trained a number of Olympians and World Cup athletes in Biathlon, and was U.S. Development Team coach for US Biathlon, 2000-2001. He was awarded the US Olympic Committee, Development Coach of the Year Award.

Group Training Programs :

Spring Ski Technique Session:

Runs 6 weeks, May 2-June 7

Mondays: 6pm-8pm, Hyland Nordic Chalet, Bloomington, dryland and rollerski technique focus, video analysis. Cost \$180

Spring Strength Sessions:

Runs 6 weeks, May 4- June9,

Wednesdays : 7pm-8:30pm

Benilde St Margaret's HS, St Louis Park, core strength, running, drills, Cost \$120

Summer Technique and Training:

Runs 8 weeks, June 13- Aug 12. No training July 4, July 25-29. This group will include adults, senior athletes, and some high school athletes. Cost \$350 for all three days, \$250 for two days.

Monday: 7pm-8:45pm, site to be determine- in St Louis Park., running, intervals, quickness, technique drills, some rollerskiing

Wednesday: 7pm-8:45pm, Hyland Hills Alpine area, Bloomington, Core strength and plyometrics. Ski Specific strength.

Thursday: 7am-9am, French Park, Plymouth. Technique instruction, rollerski strength/intervals.

Private Technique Lessons:

Year Round, \$90 for 1:45min lesson.

\$120 for 2 people, \$150 for 3 people

Training Plans

- Do you need to make the most of the scarce time you can devote to training?
- Need to optimize you training?
- Not sure how to organize your training?
- Have your results and you are not sure why?

Personalized Training Plans

Include:

- 1) Goal and Fitness Assessment and initial consultation
 - 2) 3-12 month graphical plan
 - 3) very specific weekly training plans that fit your life and your training needs
 - 4) weekly phone or email contact to review your progress
 - 5) periodic review
- XC Skiing, Running, Cycling Plans
- Performance Plan:** \$150 month, 3 month minimum
- Optimized Plan:** \$215 includes blood lactate tests every 4 weeks
- Contact Piotr, gotrainingus@aol.com

Blood Lactate Testing

Are you training at the right intensities?
Start the season out right, and make sure you stay on track. Blood lactate testing for all modes of endurance exercise. \$75 per test and analysis, discounts for groups. Test takes approximately 1 hour.

Rollerboards

Great specific strength tool for skiers and swimmers! \$150 for 10' boards.