

# Personal Training Consultations to help Make the Most of Your **TIME**



## Chad Giese

Member of the Subaru Factory Team, full time ski racer coached by Ahvo Taipale, training for Torino 2006.

- **Do you have a goal you want to achieve and need help setting up a plan?**
- **Do you have trouble making seasonal transitions and want to know what to do differently with your training?**
- **Do you want to make your training more efficient and effective by using your week wisely?**

Cross-country ski training doesn't have to be complicated! With a little organization and prioritizing anyone can turn a busy, work filled week into an effective training week. If you have the time to train, doing the right type of workouts for a given period in the year is important in reaching your goals.



**WHAT:** 1.5-2 hour Personal Consultation to plan out your training year, come up with ideas on exercises, activities, and workouts to best fit YOUR schedule and goals, and answer other training inquiries you may have.

**WHERE:** The location of your choice. Your home, office, coffee shop, etc., anyplace that is convenient for you, within 40 miles of St. Paul. If you are outside of this area, over the phone or email works as well.

**COST:** \$150

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**This is a fund raiser to help me reach my goal of Torino 2006**