



Fit2Run/International Plaza in Tampa

Athlete Education Series

DESIGNED FOR ALL LEVELS OF ATHLETES

Activate the power in your sport! Learn what you need to take you to the next level. Enjoy expert, hands-on instruction by FitPlanet professional trainers in a state-of-the-art environment at Fit2Run .

Clinic Topic	Description / Presenter	Dates / Times
The Essentials of Heart Rate Training for the Athlete	With so many ways to test conditioning and so many ways to monitor training intensity, it can get confusing. Which is best? Which is easiest? Which matters most? This clinic provides a glimpse into the world of performance testing and how you can effectively develop your intensity-based training principles. Presenter: John Bennett, M.S.	Saturday, June 7th, 2008 8:00-10:00 a.m. Participant Cost: \$25.00 Each participant will receive a \$25.00 Gift Card to shop at Fit2Run for participating in the clinic.
Triathlon 101: Get ready to do your first Triathlon!	Learn the basic skills you need to know in order to complete your first Triathlon. Included in this clinic, will be an 8 week Sprint triathlon training program with detailed workouts that will help you cross the finish line healthy and strong. Presenters: Eric Kahl and Rebecca Meyer	Saturday, June 14th, 2008 8:00-10:00 a.m. Participant Cost: \$25.00 Each participant will receive a \$25.00 Gift Card to shop at Fit2Run for participating in the clinic.
Marathon and 1/2 Marathon: The Art & Science of Fueling	Marathon and half-marathon are unique races taxing the human body beyond its nutritional capacity. Finding the most beneficial combination of hydration and nutrition for each athlete can be a taxing process-- not too little, not too much. Cut out the hard Knox with this mini-clinic on developing a flexible yet precise plan for your ideal race-day hydration and nutrition needs. Presenter: John Bennett, M.S.	Saturday, July 12th, 2008 8:00-10:00 a.m. Participant Cost: \$25.00 Each participant will receive a \$25.00 Gift Card to shop at Fit2Run for participating in the clinic.
Periodization Theory for the Runner	Differentiating between different planning theories and techniques can seem like two different languages. Learn how to read between the lines to understand the basis of each method, finding common ground that relates the differences. Bring the pieces together in your training plan for optimal performance. Presenter: John Bennett, M.S.	Saturday, August 9th, 2008 8:00-10:00 a.m. Participant Cost: \$25.00 Each participant will receive a \$25.00 Gift Card to shop at Fit2Run for participating in the clinic.
Garmin GPS Units 101	Learn how to create portable workouts by uploading them from your computer or using the training partner mode. Learn the basic skills to properly configure your Garming Forerunner in order to maximize your training. Included in this clinic will be a binder with step by step instructions to create, upload and download portable workouts directly to your Garmin. Presenters: Eric Kahl and Rebecca Meyer	Saturday, September 12th, 2008 8:00-10:00 a.m. Participant Cost: \$25.00 Each participant will receive a \$25.00 Gift Card to shop at Fit2Run for participating in the clinic.
Running Economy and Efficiency Clinic	Learn how to run efficiently and prevent injury. Learn techniques and workouts for speed and endurance. Learn how to improve your gait and body mechanics and increase speed and power with plyometric exercises. Included in this clinic will be a binder of speed and plyometric workouts to take home with you. Presenters: Eric Kahl and Rebecca Meyer	Saturday, October 4th, 2008 8:00-10:00 a.m. Participant Cost: \$25.00 Each participant will receive a \$25.00 Gift Card to shop at Fit2Run for participating in the clinic.



Approved by the American Council on Exercise for CEU units.

For more information, please call The FitPlanet Wellness and Multisport Training Studio at (941)-361-1185 or email info@fitplanetinc.com. Register online at www.fitplanetinc.com. Please make checks payable to FitPlanet, Inc.

www.fit2run.com

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MON.-SAT. 10am-9pm SUN. 11am-6pm