

## For more information:

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## Women: Dance into the 2008 Birkie season fast, technically sound and ready to roll.

- ★ Technique instruction with Hilary Patzer
- ★ Physiological testing- including blood lactate tests which are used to establish correct training zones
- \* Video analysis utilizing Dartfish software (used by leading International ski teams)
- ★ New training techniques and methods
- \* Customized training plan for the upcoming season









## Tentative Schedule

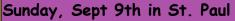
Saturday, Sept. 8th at Hyland Park in Bloomington

8-10am: wake up with yoga and ski walking drills 10-12am: technique session on roller-skis with Dartfish

Video

12-1pm: lunch (provided) and training plan discussion 1-4pm: individual blood lactate tests and Dartfish Video

4-6pm: more dryland technique work, yoga and massages



11-5pm: individual consultation with either Hilary Patzer or Ben Popp. Each session will last 1 hour and you will receive technical advice, a video analysis from Saturday and ideas for improvement and advancement.





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All are welcome-Hurry, limited space \$299.00