



# End of Summer Birkie Fever!

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

**Sunday, Sept 9th in St. Paul**

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**