



<http://www.p2mcycling.com>  
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AND

## *Roy Sturm*

2012 MASTERS NATIONAL TANDEM TIME TRIAL  
and ROAD RACE CHAMPION  
Multiple National and State Cycling Time Trial  
Champion  
30 Years Bicycle Racing Experience  
10 Years Cycling Coach and Founder of RIO Cycling  
Club  
18 Years Certified Indoor Cycling Instructor

*Present a New and Improved*

# **Time Trial - Threshold Training Series**

*This Series will integrate proven Old School training techniques with newer state of the art technology by providing:*

- Roy's 10 week Heart rate/Cadence training adapted to use Power
- Functional Threshold Power Testing
- Customized Power Training Zones from the testing
- Computrainer Indoor Trainers - The most advanced indoor trainers
- Your bicycle (no spin bikes-train on your bike)

*This new combined training platform is ideal for Time Trialists, Triathletes, and general cyclists wanting to improve their overall performance. The series will challenge your upper limits, build power and strength, increase your fitness level and outdoor performance through weekly increased intensity levels during the series. Learn pacing techniques for improved efficiency and realize and see measurable improvement by training with Power on the Computrainer computerized system.*

*This proven program will help you prepare for your late summer and early fall events by pushing your training to new levels in this innovative and challenging training series. Is the Regional Time Trial race, Record Challenge, Enchanted Circle Endurance ride, Tempe Half Ironman, Arizona Full Ironman, or El Tour de Tucson on your event schedule this year? This series will help you reach your best cycling fitness for the event.*

**SPACE IS LIMITED TO 10 RIDERS PER SESSION.  
RESERVE AND GUARENTEE YOUR TRAINER NOW IN ONE OF THE SESSIONS LISTED BELOW.  
YOUR RESERVATION WILL GUARENTEE YOUR SPOT FOR THAT SESSION ONLY  
HOWEVER YOU MAY ALSO RESERVE A SPOT IN A SECOND SESSION**

***MONDAY NIGHTS @ 5:45 – 7:15 PM***

***WEDNESDAY MORNINGS @ 5:45 – 7:15 AM***

***THURSDAY NIGHTS @ 6:30 – 8:00 PM***

**SESSIONS BEGIN THE WEEK OF July 11 and END THE WEEK OF September 12, 2016**

**BASIC SESSION COST: \$275 (plus tax)**

**RECOMMENDED FOR BEST RESULTS**

ADDITIONAL SUPPLEMENT - 1 RIDE/WEEK 10 RIDE CARD - \$115 (plus tax)  
ADDITIONAL SUPPLEMENT - 2 RIDES/WEEK 20 RIDE CARD - \$175 (plus tax)

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or

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