



The Per4mance Summer/Winter Training Series™ offers local cyclists the opportunity to effectively become the **Totalcyclist** under the direction of a US Cycling Coach/USA Triathlon Coach. This type of training is for **all levels** of cyclists!

Each Year, Per4mance Training will offer group training sessions that **focus on developing peak performance.** For the most part, each training session will involve interval and climbing workouts, with some recovery.

**Winter Training Series** involves a periodization schedule that will help the athlete understand the basic principles of rest and interval training. The workouts are designed for ALL levels of cyclists, from Pro's to beginners.

Summer Training Series is typically a-la-carte and involves all types of intervals and recovery rides. The premise behind the summer series is to keep the athlete razor sharp after formal winter training. Summer sessions are offered several times a week and the athlete selects the date and time they want!

**Summer/Spring Series Schedule:**

Please contact us for dates, costs and availability. [info@per4mancetraining.com](mailto:info@per4mancetraining.com)

**Winter Training Series**

The most popular service Per4mance Training has to offer! You will select the night and time you want for both the 6 week 1st session and the 8 week second session. Sign up early. These are always oversold!!! Do NOT Let the title of the workouts intimidate you. They are for all levels of athletes!

**Reservations:**

Summer reservations are made online: [www.totalcyclist.com](http://www.totalcyclist.com). Click "book now" Winter Training series are reserved in advance. There is a 50% deposit to hold your selection for the Winter Training series that is non refundable.



*Cyclists (above) participate in an Indoor Training Series. Each session accommodates eight cyclist. Cyclist are viewing their output data on a large projected screen.*

**Spring & Summer  
Winter**

**Training Series Tentative Schedule**

**Winter session 1 (early November)**

Week 1	assessment/instruction
Week 2	Tempo/biomechanics
Week 3	More tempo
Week 4	Threshold/biomechanics
Week 5	VO2 Intervals
Week 6	Mixed Bag of fun

**Winter Session2 (Early January)**

Week 1	Limiter Assessment
Week 2	Threshold Repeats
Week 3	Anaerobic Intervals
Week 4	VO2 Max Intervals
Week 5	The blind game!
Week 6	Mixed Bag
Week 7	Team Time Trial
Week 8	Mixed bag/final assessment

**Spring/Summer Sessions**

Monday night	Recovery or Intervals
Wednesday night	Climbing/Intervals
Thursday night	Intervals special**

\*\*These intervals can be the prelude to your favorite group ride!!!

Schedule is subject to change: Please contact us.

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