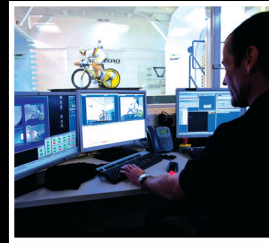
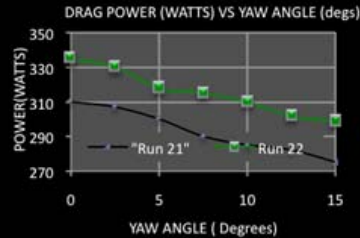




Triathlon Cycle Workshop



- MAXIMISE YOUR RIDING EFFICIENCY FOR 2010
- SPEND ONE DAY AT THE MERCEDES GP FORMULA ONE WIND TUNNEL
- POSITION OPTIMISATION WITH RIDER FIT EXPERTS DRAG2ZERO
- ONE TO ONE SESSIONS WITH TRI EXPERT JOE BEER AND AERO EXPERT/ BIKE DESIGNER SIMON SMART
- INDIVIDUAL WIND TUNNEL SESSION AND POSITION/POWER OPTIMISATION SESSIONS
- SEMINARS ON AERODYNAMICS, POSITION OPTIMISATION AND IMPLEMENTATION

EACH WORKSHOP IS LIMITED TO 6 ATHLETES PER DAY, WITH GROUP SIZES OF THREE TO PROVIDE THE OPPORTUNITY FOR ONE TO ONE COACHING ON ALL ASPECTS OF TRIATHLON AND SPECIFICALLY BIKE SET UP SCHEDULE:

8.00 AM - ARRIVE AT MERCEDES GP WIND TUNNEL – MEET THE TEAM– OVERVIEW OF THE DAY – DIVIDE INTO GROUPS

9.00 - 10.00 AM - THREE ON ONE SEMINAR: AERODYNAMICS, POWER PRODUCTION, POSITION, TRAINING AND RACE STRATEGY

10.00 – 1.00 PM - POWER AND POSITION ANALYSIS

1.00 – 1.30 PM - LUNCH BREAK

1.30 – 6.00PM - WIND TUNNEL TESTING

6.00PM - DEBRIEF

THIS WORKSHOP PROVIDES A UNIQUE OPPORTUNITY TO COMBINE THE VERY LATEST SCIENCE IN AERODYNAMICS AND POSITION OPTIMISATION WITH THE HUGE WEALTH OF EXPERIENCE THAT JOE BEER HAS TO OFFER THROUGH OVER 20 YEARS OF COACHING.

WITH FIVE STAFF ON HAND WE ARE ABLE TO OFFER A VERY EFFICIENT TEST PROTOCOL AND PRODUCTIVE 90 MINUTES WIND TUNNEL SESSION.

EACH ATHLETE WILL GO AWAY WITH AN OPTIMAL SETUP AND GUIDANCE FROM JOE BEER ON HOW TO IMPLEMENT AND BENEFIT FROM THE CHANGES THROUGH THE 2010 SEASON AND BEYOND.

FOLLOW UP SESSIONS WITH COACH JOE BEER AVAILABLE ON REQUEST.

INTRODUCTORY PRICE £750

CONTACT US ON: 01280 846020 EMAIL: contact@drag2zero.com

DRAG²ZERO
COM

CoachJoeBeer.com