

SOURCE ENDURANCE

TRAINING CENTER of the ROCKIES

12 Weeks to Fitness at Source Endurance Training Center

- 12 week indoor cycling program
- 1 or 2 sessions per week \$179 or \$299 respectively. Alternatively use your membership and get access to the full program. You can also drop in to classes by purchasing a single session or using your punch pass but you won't receive the additional program perks.
- Includes a pre- and post- ramp test protocol for detailed training insights for your threshold.
- Differentiated engaging workouts written by professional cycling coach and rider, [Zack Allison](#).
- Average gain of 11% in FTP, Functional Threshold Power, when 90% of sessions or more are completed.
- Includes take home workouts and rest periods for a full training package for 12 weeks
- Training and nutrition tips and articles delivered through email
- Social, fun, motivating training environment
- Includes Winter TT omnium entries when classes overlap winter omnium time trials races.
- Access to showers, recovery boots, and weights/core equipment.
- Bring your own bike, better yourself one workout at a time.
- Eligible for \$500 Lifestyle Education Reimbursement upon 75% of completion for Larimer County Health Plan Members. Please visit <https://www.larimer.org/hr/benefits/medical-insurance/lifestyle-education-benefit> for more information regarding the reimbursement process.

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