

With so many coaching and training programs available, why choose
FOOTHILLS PARK & RECREATION DISTRICT
for your endurance coaching needs?

The answer is simple . . . **VALUE FOR YOUR DOLLAR!**

- Foothills offers quality programs at an affordable price.
- We have flexible plans and many options to fit your needs.
- Our coaches are all experienced competitors in the sports they coach and hold credentials in the field of exercise science and health promotion.

**Start on YOUR road
to a personal best today!**



Foothills
Park & Recreation District

FACILITY INFORMATION

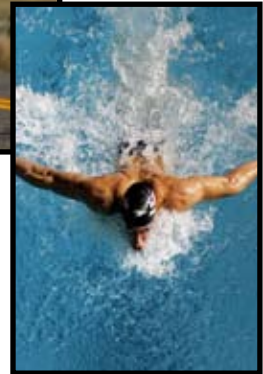
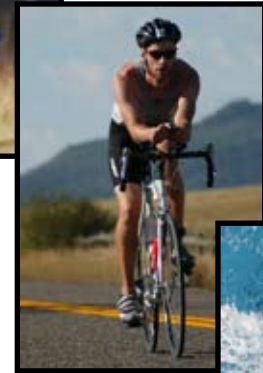
- **Edge Ice Arena**
6623 S. Ward Street, Littleton
303-409-2222
- **Peak Community & Wellness Center**
6612 S. Ward Street, Littleton
303-409-2100
- **Lilley Gulch Recreation Center**
6147 S. Holland Way, Littleton
303-409-2500
- **Ridge Recreation Center**
6613 S. Ward Street
303-409-2333

www.foothills.org

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PERFORMANCE SERVICES

ENDURANCE



Foothills
Park & Recreation District

Maximize your training benefits and get the most out of your workouts through Foothills Park & Recreation District endurance programs!

Our qualified staff will help you enhance your health and improve your performance in swimming, cycling, running and triathlon.

Choose the service that best suits your needs and be prepared to reach new levels of fitness and performance!

Foothills Park & Recreation District is proud to be a certified USAT Training Center.



PERFORMANCE SERVICES OFFERED

SPORTS NUTRITION CONSULTING

A sports nutrition consultation can provide all of the necessary tools you need to fuel your body and achieve your body weight and composition goals. Sessions are provided by Bob Seebhar, Registered Dietitian and 2008 Olympic Team sport dietitian.

FEE: \$125 (District Rate: \$120) per 1-hour session

PEDAL STROKE ANALYSIS

Many athletes do not engage the proper muscles at the right times when cycling. This leads to a loss of power and force and can also increase the risk of injuries. This session will teach you how to improve pedal stroke technique and maximize muscle recruitment to improve power output.

FEE: \$50 (District Rate: \$45) per 30-minute session

RUN ECONOMY ANALYSIS

Learn how to improve running form and run with less effort at faster speeds. This session will analyze running economy and form and provide specific drills and exercises to improve technique and efficiency.

FEE: \$125 (District Rate: \$120) per 90-minute session

LACTATE THRESHOLD ANALYSIS

This advanced system measures increases in blood lactic acid levels that cause a decrease in athletic performance. The results of this analysis can provide endurance athletes with the necessary knowledge to train smarter through targeted workouts while achieving optimal performance.

FEE: \$150 (District Rate: \$145) per 90-minute session



ENDURANCE TRAINING/COACHING

Athletes receive customized training plans based on their goals, race schedule and lifestyle – workouts are tailored to the needs of the individual. Areas such as open water swimming, stroke mechanics and efficiency and building a training program will be addressed.

• **GROUP TRAINING OR INDIVIDUAL TRAINING PROGRAMS:**

Ready to reach new levels with your endurance and personal fitness? Join the team at Foothills to keep your motivation high and your achievements even higher! See our website at www.ifoohills.org for current offerings or call 303-409-2114 for more information.

MASTERS SWIM TEAM

Designed for all levels – Triathletes, Competitive Swimmers and those who swim for the benefit of exercise. Participants should be comfortable swimming at least 200-300 yards continuously – using freestyle (crawlstroke).

MASTERS SWIM TEAM – RIDGE LAP POOL

MON – FRI: 5:30 – 7 a.m. • SAT: 7:30 – 9 a.m. • SUN: 9 – 11 a.m.

Call 720-221-3706 for more information.

FEE: See website www.ifoohills.org.

SWIM ANALYSIS AND FILMING

Each session includes analysis of swim technique above and below the water, feedback on stroke and exercise prescription for swim efficiency. As a bonus, you will receive a take-home CD of your swimming lesson.

FEE: \$75 (District Rate: \$65) per 45-minute session

To schedule an appointment or for more information, please call 303-409-2114.