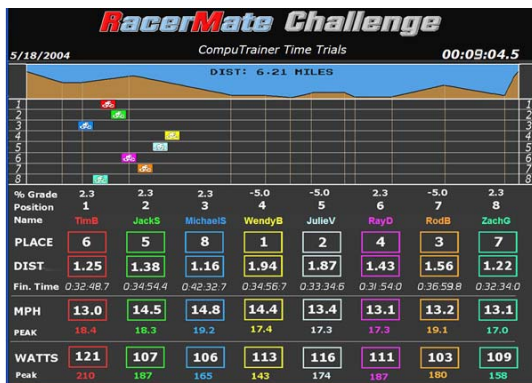


ELITE CYCLING for cyclists and triathletes, only at *Elite Training Systems*.

At Elite Training Systems we utilized a science based approach to assist athletes in attaining their fitness goals. We offer athletes of all ability levels an 8 week, custom, power based training program performed on our Multi-Rider Compu-trainer Sytem utilizing your own bike. We begin your Elite Cycling program by customizing your training intensities based on results from your initial physiology lab evaluation, which also indicates your baseline fitness. At the end of each 8 week cycle you are retested in the lab to verify fitness gains and determine new training intensity zones. Elite Cycling offers athletes the most efficient means of gaining fitness by ensuring that you are working at the correct intensity all the time and the group atmosphere offers energy and excitement that pushes you to the next level. During each class your performance statistics, along with those of the 7 other riders you are training alongside, are displayed on a large movie screen indicating watts, heart rate, cadence, speed and distance (pictured below) ETS also offers classes for pre-riding actual race courses and time trial events to showcase your talents. Our certified coaches can also build you a customized cycling or triathlon training program around your busy schedule that incorporates Elite Cycling with additional power and heart rate based workouts to ensure you meet your goals. Call today for a consultation and evaluation appointment.



ETS *Boot Camp* San Ramon

Join Coach Cordes and Coach Keola, an Armed Forces member, as they team up to take you through a no-frills, no excuses, get down to business, all about results, workout. Get the point? Get in shape!

Monday-Wednesday-Friday
 6:15—7:30 a.m. or 7:45--9:00 a.m.
 June 22—July 31, 2009
 @ Elite Training Systems (ETS)
 18 Workouts, \$270. pre-reg by 6/8
 Includes Pre & Post Body Comp Analysis

The Cordes/Keola duo is dynamic and inspiring. This six week course provides the instruction and motivation needed for you to reach your potential. It will be a challenge and an experience.

All registrants will begin with a series of fun fitness tests and timed circuits. Exercises will be selected based on the abilities of the group. Throughout the program we will chart improvements. Find out your age group norms for aerobic endurance, anaerobic power, speed and agility, muscular strength and endurance. All the exercises are fun and exhilarating and performed in military style (chanting and all). Roll call taken at each workout. "I can't HEAR you!" Get in your best shape. The numbers will prove it. A full pre and post Body Composition Analysis included. (\$100. value) administered 6/14 and 7/31. \$\$saver rates available by request.



Go2Altitude

Intermittent Hypoxic Training

Boost Your Performance

Improve endurance performance at sea level as well as for hiking/mountaineering adventures at altitude. Intermittent hypoxic training (IHT) is scientifically proven and popular amongst athletes and mountaineers looking for a legal and drug-free way to further improve their performance and get a vital edge over the competition and the environment.

Recipients are exposed to "hypoxic air" containing 16-9% oxygen (equaling 6500 to 20,000 feet above sea level) intermittently at 4-6 minute intervals, alternating with breathing normal (sea level) air. A 45-90 minute session conducted daily while sitting in a comfortable chair or recliner for 15-20 sessions is all that it takes for acclimatization.

Research began in the 1970's with military aviation medicine. IHT is used in training in the air force today. Our coach at Elite Training Systems has a background of training from the air force and will assist you with your GO2Altitude sessions.

Personal Fitness Training

and small group training (3-6 people) available at Elite Training Systems. Our training professionals have Bachelor's and Master's Degrees in sport science along with specialty certifications in their areas of expertise. Attain measurable results and experience the best in-training at Elite Training Systems.

Open House Sunday, June 14, 4-7pm. Take a tour of this unique facility. Meet the coaches. Get details for all programs and services, schedule and measure body composition, and register for Boot Camp, Supplemental Training, Trail Interval Training and more.

Human Performance Lab

Effective Weight Loss

Health Improvement Programs

Distance Running Training Plans

Cycling / Triathlon Training

The physiology lab at Elite Training Systems has the most elaborate and up to date measuring equipment on the market today. Accurate metabolic testing can be an essential tool for individuals who want to see dramatic results. For weight loss, we measure basal metabolic rate from two different lab machines which aid in caloric intake and expenditure in your exercise prescription. We also measure percent body fat and lean mass with medical grade equipment to chart accurate and optimal change. Athletes interested in getting the most out of their bodies and their training programs test at submaximal and maximal cardiovascular levels. Your test results will give you the training parameters needed to hone in on training zones for specific physiological energy systems. For each training zone you will receive specific paces, heart rates and intensities, and caloric expenditure. Use this information in your current training plan, or have the Elite Training Systems training professionals develop your personal program based on your physiology. Our lab caters to all individuals striving for the utmost in scientific training for health and fitness success.

Elite Training Systems

Scientific
Precise
Technical
Successful

Suzanne Cordes is the owner of In-Training ~ Elite Training Systems located in San Ramon. Since 1982 *In Training* has been the premier fitness consulting and training business from the Lamorinda area to the San Ramon Tri-Valley. Elite Training Systems is the technical side of *In Training*, with a focus on science based testing and training methods performed in-house. What was once available only to the Olympic and elite level athlete is now available to local endurance athletes, fitness enthusiasts and health minded individuals. We use medical grade, state of the art equipment which includes a metabolic cart for VO2max testing, lactate analyzer for threshold determination, Biospace body composition analyzer for accurate body fat testing, RacerMate 8 person Multi-Rider cycling system, and Go2Altitude intermittent hypoxic training. Specializing in performance enhancement and optimal health status, Elite Training Systems will give you the tools you need to reach your health goals, your fitness potential and give you an edge in competitive sports.



Summer 2009 Training



Suzanne Cordes MA, CSCS
Professional Coach and Trainer
Health and Fitness Specialist



Trail Interval Training and Runner's Strength Workout

Enjoy this fun and creative way of structured running training. Build a strong foundation of strength and improve performance for Fall's cross country and road races. Or, just get in great running shape. All runs are on soft dirt surfaces.

Tuesdays meet at selective trails each week. Warm-up on easy trails for approximately 1.5 to 2 miles. Re-group, loosen up and prepare for either a trail interval workout or a Thursday group strength workout designed specifically for distance runners. Running courses are mapped for distance or repeated bouts of intervals with recovery between, staying in one location for all abilities. Inclines are slight for interval workouts. End with an easy cool down run, a group core workout, and a yoga inspired stretch session as the sun goes down. This has been one of Coach Cordes' most popular programs for years. Don't miss out. It's only offered in the summer.

First meeting location and details e-mailed with pre-registration materials.

\$199. Pre-Registered by 6/1

Tuesdays & Thursdays

6:30—8:30 p.m.

June 16 to July 30, 2009

**Walnut Creek, Alamo, Danville,
San Ramon**

Supplemental Training

For Active & Essential Recovery

Tuesdays & Thursdays

6:30-7:45 a.m.

June 22 to July 29, 2009

@ Elite Training Systems (ETS)

12 workouts, \$15. each

\$180. pre-reg by 6/8

This is a very unique workout designed to improve performance in endurance events like running, cycling, triathlon, 3-Day walks, hiking trips, but you don't need to be an athlete to join in. Everyone will benefit. Begin with a rhythmic warm-up to prepare you for the workout. Exercises are selected based on the individual needs of each participant. The goal is to strengthen, lengthen and balance the effects of endurance training. We focus on movements that strengthen the upper back for posture, the outer hips for stability, quadriceps, shins, calves, feet, and core. Lengthening exercises will be incorporated for groin/inner thigh, hamstrings, calves, low back and chest. Upper body exercises will focus on form for running/walking so we improve arm swing and strength. Included are some fun tools like ropes for active isolated stretching, gliding disks for specific hamstring recruitment, medicine balls for core work, foam rollers for tight muscles, thera-bands for ankles, tubing for hips, and more. All equipment provided.

What's missing in *your* training plan? Gain strength and flexibility and reduce potential for injuries and imbalances. Are you getting this type of workout on your own? Join us! Class size limited to 20 participants. Discounts available if you schedule your team or group together.



925 838-1000