

# Bike Training at Bow Cycle with Angie Anderson

**Jump start your cycling and triathlon season with Angie Anderson at Bow Cycle Tuesday nights starting January 8<sup>th</sup> at 6:30!**

## What to expect at Bow Cycle?

- Fun and hard work
- A periodized training plan focusing on cycling technique, cycling specific strength and threshold efforts to improve aerobic fitness and power.
- An 80 to 100 minute cycling workout, group stretch, and a 10 minute core session.
- Homework: A dynamic spin workout to do on your own at home.



**From James a Bow Spin Class Returnee:** Dec. 1 / 07...*As I'm riding in the 15km Time Trial of the Tri Club Challenge, the lesson's from Angie's Spin Class in Bow Cycle come into play. I let the heart rate climb, I play with my cadence for speed or to flush out my legs of the lactic acid that is building. I'm also playing it smart. I know how to push hard without exceeding my limits – until I want to. On the last kilometer of the Challenge, I rise up and just crank it. This is just like the standing challenge in Angie's Spin Class. I've hung on to some very experienced Triathlete's and Time Trial specialists, and have exceeded all expectations by finishing in 24:24 – and I owe it all to Angie and her animated and energetic Spin Class! Thanks Angie!*



## What do you need to bring?

- Bike, Indoor Trainer, Bike shoes
- Yoga mat for core if you have one

## How do I register?

- Go to [www.teamtrilife.com](http://www.teamtrilife.com) to register
- Contact Angie at [angie@teamtrilife.com](mailto:angie@teamtrilife.com) or 403-932-9068 / 403-816-1294 for further information



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**Angie is an 8 time Ironman finisher including a trip to the Ironman World Championships in Kona, 2007. She holds a Bachelor of Physical Education and Bachelor of Education, and has left teaching to follow her passion of triathlon coaching, training and racing. Angie is an NCCP Competitive Level Triathlon coach and currently training as a facilitator for the new NCCP coaching development program.**

**[www.teamtrilife.com](http://www.teamtrilife.com)  
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