

FORT WORTH



TRAILHEAD

BIKE MS PACKAGES

TWO PACKAGES TO PREPARE YOU FOR A GREAT RIDE

1 GET ME THERE

STARTS MARCH 7

- Eight-week customized training plan designed to deliver you to the finish line healthy and happy.
- Eight 1-hour (one per week) coached indoor Pedal Hard sessions
- In addition to improving fitness; Pedal Hard certified coaches will help athletes with fundamentals, including
 - Proper gear selection
 - Fundamentals of the pedal stroke
 - Ride technique
 - Pacing strategy
 - Ride day fueling plan

Package Price \$225 | \$595 Value

ONLINE SIGNUP:

<https://clients.mindbodyonline.com/classic/home?studioid=261342>

PROMO CODE: **ENDURANCE1X**

2 GET ME THERE FAST!

STARTS MARCH 7

- Customized Lactate Threshold Test to determine training zones
- Eight-week customized training plan designed to deliver you to the finish line healthy, happy and as fast as humanly possible
- Sixteen 1-hour (two per week) coached indoor Pedal Hard sessions
- Each session will be carefully designed around specific training zones to deliver quantifiable improvement before the event
- Suggested ride day fueling plan

Package Price: \$425 | \$965 Value

ONLINE SIGNUP:

<https://clients.mindbodyonline.com/classic/home?studioid=261342>

PROMO CODE: **ENDURANCE2X**

10% OF PROCEEDS FOR BOTH PACKAGES WILL BE DONATED TO MS FOUNDATION

SPACE IS LIMITED! EMAIL PHFORTWORTH@PEDALHARD.COM

OR CALL 682 224-1131 TO RESERVE A SPOT.