

# Offseason Clinic Series

presented by



and



Don't let the long winter hold you back! You are invited to join Training Bible Elite coach, Scott Iott, for a clinic series held at Geneva Running Outfitters this winter. Scott will be giving a series of three talks discussing how to improve this offseason. These clinics are free and open to all athletes of all ability levels. Come see how you can make 2011 your best season ever! Please call 331-248-0221 to pre-register for this event!!

**November 22<sup>nd</sup> 10 a.m. – Preparing and planning for your upcoming season**  
Scott will discuss steps that you can follow to become organized and ready for the 2011 training and racing season.

**December 11<sup>th</sup> 10 a.m. – Periodization Strategies**  
This talk will focus how to cycle your training for the upcoming season along with some key workouts you should use in each period of training.

**January 20<sup>th</sup> 10 a.m. – Using technology to improve your fitness**  
Do you own a GPS watch? Do you use it correctly? We will discuss how to effectively use speed and distance devices in your training. This will include brief analysis of the data from your device.

**Hurry, don't miss out! Register for this free series by calling 331-248-0221 by November 15<sup>th</sup>!**

[www.genevarunningoutfitters.com](http://www.genevarunningoutfitters.com)  
[www.trainingbible.com](http://www.trainingbible.com)  
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