



EF TRAINING TEAMS

EF TRAINING TEAMS provide a community in which you receive support from expert coaches as well as fellow team members as you prepare for a set of team races. After selecting a race distance you would like to focus on (sprint, international, 70.3, ironman), you receive a comprehensive training plan as well as gain access to all team practices, the EF Training center, an online team forum, and social events. Practices will be organized into beginner, intermediate, and advanced experience levels. We look forward to helping you unleash your potential.

REGISTER

BY EMAILING

INFO@ENDORPHINFITNESS.COM

1-3 MONTHS \$150/mo.

4-8 MONTHS \$130/mo.

9 MONTHS \$100/mo.

TRAINING BEGINS FEB 8, 2010

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	"LONG" RUN Varying Locations 7 AM			STRENGTH Endorphin Fitness 6 AM		RIVER SWIM Huguenot Flatewater 6 AM	"LONG" BIKE Varying Locations 8 AM
PM		STRENGTH Endorphin Fitness 6 PM	BIKE EF or West Creek 6:15 PM	POOL SWIM St Catherine's Pool 6 PM	RUN Deep Run Park 6:15 PM		

EF IMMERSION CLASS

New team members must first complete the **EF IMMERSION CLASS** before beginning training. This 1-week class will give you an overview of the EF coaching philosophy, terminology, and sport specific technique so that you can become part of the team seamlessly. The first class will be held **Feb 1-5 from 6-7 PM**. Cost is \$149 which includes an official EF Team Uniform.

INFO@ENDORPHINFITNESS.COM • 804.741.1599 • WWW.ENDORPHINFITNESS.COM

"I am loving EF! Every week I have some sort of totally mind blowing experience; I go either farther or harder than I thought I could. Unbelievable."