



Explosive Cycling Power!

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Harvey Newton, MA, CSCS

USA Cycling Level 2 Coach
USA 1984 Olympic Weightlifting Coach



Doug Lane, BS, CSCS

USA Weightlifting Coach
CrossFit L 2 Coach



Course
Outline
Includes:

Thursday, December 3

6:30p-9p

Open Road Bicycles

4460 Hendricks Avenue,
Jacksonville 32207

904-636-7772

www.openroadbicycles.com

**REGISTER AT
OPEN ROAD BICYCLES
BY DEC 1ST \$39
AFTER DEC 1ST \$49**

TOPICS:

- Weight training for POWER in the off season
- Designing a season with perfect periodization
- Peaking for your "A" races
- Common Off Season training mistakes

For more information please visit: www.newton-sports.com and www.crossfitameliaisland.com