

2008 Sisu Skier Juniors Training Program

Session I \$250—Summer Training*

- >> Tues/Thurs, 7:30—9am, Sat 9-10:30 am
 - >> June 17—Aug. 9
 - >> Small group settings
 - >> National level coaching staff
 - >> Video analysis, technique & drills, endurance building, training information and plenty of fun.
- * If paid by 4.31.08, \$350 if after 5.1.08



Session II \$1200—Competition Preparation

- >> June 1—Nov 1. (meeting times will vary)
- >> Tues/Wed/Thurs/Sat Training Sessions
- >> Learn from the best including Olympians & International coaches
- >> Monitor progress on a national level through standardized testing ?
- >> Physiological Testing & Individual Training Plans
- >> Focus on preparing for long term racing success.

Other Available Opportunities for Summer '08

- >> Summer on-snow training camps
- >> “Off-Snow” summer training camps
- >> Coaching, Training & Racing Seminars
- >> Physiological Testing & Individual Training Plans



Additional Information:

651.645.2443 • ahvo@finnsisu.com • finnsisu.com

612.991.7829 • ben@enduranceathlete.com • enduranceathlete.com

finnsisu

EnduranceAthlete
Ben Popp Designed Athletes