



Coaching
Performance Testing
Triathlon Training
Camps and Clinics



FitPlanet, Inc.™

Lakewood Ranch Location

5300 Paylor Lane
Sarasota, FL 34240
Phone (941) 361-1185
Fax (941)361-1186

Clermont Location

NTC-SMI
1101 Citrus Tower Blvd.
Clermont, FL 34711
Phone/Fax (352) 243-5504

www.FitPlanetInc.com
www.FitPlanetMultisport.com

COACHING SERVICES

All our coaches are USAT Level 1 and/or Level 2 certified. FitPlanet, Inc™ Multisport coaching services are for athletes of all levels, who want a professionally designed, individualized training program, which includes frequent interaction and close monitoring of their progress by an experienced coach.



Your training package includes:

- Initial consultation to discuss your athletic background, goals and other training considerations.
- Custom-designed training program built around your key events
- Special workouts intended to simulate the race conditions and terrain you will face during your event
- Testing to determine your proper heart rate training zones
- Unlimited communication with your coach via email or phone
- Individualized training schedule sent to you every two weeks, showing:
 - Detailed workout descriptions;
 - Applicable heart rate zones for each session
 - Distance and/or time for each session
- Training and race day nutrition strategies
- Comprehensive strength training program
- Taper and recovery strategies
- Body maintenance and injury prevention guidance



Your training schedule will be adjusted as needed to accommodate your work and family commitments, changes in your racing plans and other unforeseen circumstances.

Coaching Packages-

Go to www.FitPlanetInc.com for pricing details and to learn more about how FitPlanet, Inc.™ can help you train your best.

Triathlon Personal Coaching

one-on-one

Sprint Distance

4 week, 8 week, 3 month, 6 month, 12 month

Olympic Distance

4 week, 8 week, 3 month, 6 month, 12 month

1/2 Ironman

8 week, 3 month, 6 month, 12 month

Full Ironman

8 week, 3 month, 6 month, 12 month



www.FitPlanetInc.com
www.FitPlanetMultisport.com

2008 FitPlanet Multisport Calendar

January 2008

8 Week Series: Power Performance: Are You Tough Enough?

January 8, 2008 - February 28, 2008

Tuesday and Thursday Evenings

5:30 - 7:00 pm

FitPlanet Studio in Lakewood Ranch Corporate Park.

Unleash your potential at this 8 week off season series geared towards increasing your power-speed and strength. Rotating USAT Cert. Coaches will lead you through varying workouts such as muscular and core strengthening, speed and agility drills, plyometrics, spin trainer-run workouts. This will be twice a week for one to one and half hours.

www.FitPlanetInc.com

Swim Clinic

January 12, 2008

3pm

GT Bray Pool, Bradenton, Fl.

www.FitPlanetInc.com

2008 Eperformance CYCLING CAMPS

January 11-13th, 2008

Clermont, FL - Women only

www.eperformance.us

February 2008

2008 Eperformance CYCLING CAMPS

February 8, 2008 - February 10, 2008

Clermont, FL - Women only

www.eperformance.us



March 2008

2008 HYPOXICO ALTITUDE Triathlon Training Camps

March 13, 2008 - March 23, 2008

Clermont, Florida

www.eperformance.us

2008 EPerformance TRIATHLON CAMPS

February 28, 2008 - March 02, 2008

Clermont, Florida

www.eperformance.us

Open Water Swim Clinic

March 15, 2008

3 pm

Ft. DeSoto State Park

www.FitPlanetInc.com

2008 EPerformance TRIATHLON CAMPS

February 28, 2008 - March 09, 2008

Clermont, Florida

www.eperformance.us

2008 HYPOXICO ALTITUDE Triathlon Training Camps

March 27, 2008 - April 06, 2008

Clermont, Florida

www.eperformance.us

Escape From Ft DeSoto Beginners Clinic

March 29, 2008

8 am

Ft. DeSoto State Park

www.FitPlanetInc.com

April 2008

SommerSports 25th Anniversary Weekend Tri-Kids Clinic

April 4, 2008 - April 6, 2008

Clermont, Fl

www.FitPlanetInc.com



2008 Cadence TRIATHLON Camp

April 11, 2008 - April 20, 2008

North Carolina

www.eperformance.us

May 2008

Open Water Swim Clinic

May 3, 2008

Ft Desoto State Park

www.FitPlanetInc.com

July 2008

Top Gun Beginners Clinic

July 19, 2008

Ft Desoto State Park

www.FitPlanetInc.com

August 2008

Great Floridian Prep: Clermont Long Distance Training Camp

August 22, 2008 - August 24, 2008

Clermont, FL

www.FitPlanetInc.com

October 2008

Suncoast Beginners Clinic

October 11, 2008

Ft Desoto State Park

www.FitPlanetInc.com

November 2008

6 Week Series- Varying Strength and Speed Workouts. Run-Bike-Runs with Spin Trainers.

Includes a Time Trial in the beginning and end of series.

November 6, 2008 -November 27, 2008

Thursday Evenings

5:30 to 7:00 pm

FitPlanet Studio in Lakewood Ranch Corporate Park.

PERFORMANCE TESTING

3-D motion analysis

With the 3-D motion analysis athletes will benefit from biomechanical data gathered by 6 different cameras positioned around the body. Sensors placed on the body allow for specific assessment of joint motion, which allows for corrections, modification of technique, and improvement of efficiency. Those interested in improving their running gait or cycling technique would benefit from this test.

Swim Stroke Analysis

While utilizing an Endless Pool, a virtual swimming treadmill, we will record your swim stroke from multiple angles above and below the surface of the water. Comprehensive analysis of your stroke will be provided, as well as footage of your swimming. Triathletes and swimmers hoping to improve on swim efficiency will benefit from this amazing feedback.

Comprehensive Bike Fit

Unsure of your bike position? Trying to enhance your efficiency while in your aero-position? A proper biomechanical bike fit with power analysis is what will get you moving with more comfort, efficiency, and power on the bike. We will begin with a power output assessment on the bike in your current position, after which we will do a complete bike fit with flexibility assessment, and continue to monitor your power output as we find your perfect position!

VO₂ max metabolic assessment

An exercise test on the treadmill or bike that is designed to gradually bring you from a comfortable, aerobic intensity up to your absolute maximum, anaerobic intensity by completion of the test. During this time you will breathe room air and your exhalations will be sampled by our state of the art metabolic equipment detailing your consumption of oxygen and when your body moves from primarily aerobic (sustainable) intensity to anaerobic intensity (short duration, high intensity). This information is crucial in determining where your "Anaerobic Threshold" is, a key factor in establishing training intensities.

Wingate Anaerobic Power Test

A pure power oriented test, the Wingate test is a bike test that is meant to evaluate your maximum power output over 30 seconds. For sprinters and power oriented athletes this is the test for you!

Lactate profile and threshold testing with heart rate profile

Another progressive test on the treadmill or bike that takes you to your maximum intensity, however you can now discover the cutting edge information that world's elite endurance athletes seek as they fine tune their training: Lactate Threshold. Nothing more accurately tells you when and where your body begins to accumulate excessive lactic acid in your blood, a sign that you are exercising too anaerobically and will not be able to rid these acids from your body efficiently. Combining your lactate threshold with comprehensive heart rate information will enable you to translate your heart rate in training to your lactate threshold in the lab.

Lactate profile, and VO₂ max

Take anaerobic threshold assessment one step further and discover the relationship between your oxygen consumption and accumulation of lactic acid in your blood, along with your heart rate profile during this maximal exertion test.

Resting Metabolic Rate Assessment

While resting you will breathe room air through a mask as we measure your oxygen consumption at rest. Nothing more accurately details your caloric expenditure than oxygen consumption. This information is vital while determining daily caloric needs and will detail your resting metabolic rate.

Body composition assessment (skinfolds, circumferences)

A complete skinfold assessment of body composition. This information will tell you your percentage of fat-free mass and fat mass. The scale is no longer adequate, get the entire story with a body composition and body circumference assessment!