

HeartFit

I've been training with a heart rate monitor for less than a year and my marathon finish time has gone from a 4:54 to a 4:02. On top of that, I've lost approximately 10% body fat! I was a size 14 and now I'm a 10!

– Marion Olsen,
Portland, OR

Maximizing Performance with a Heart Rate Monitor

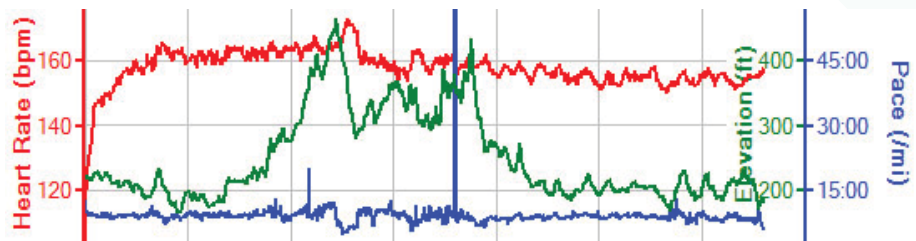
Sign up for the weekend workshop coming to your city and commit to truly improving your performance!

Do you want to achieve a PR?

Are you missing workouts due to injury or illness?

Have you trained for a marathon and still struggled to lose weight?

Do you go home after long runs and want to take a nap?



Get More From Your Training for only \$195 per person!

Price includes workshop and all related events
25 person minimum, date for the seminar will be set once half of the minimum attendees have registered.

visit www.stressthenrest.com or email
eric@stressthenrest.com to register

**HEART
FIT**
www.stressthenrest.com

Workshop Philosophy

HeartFit instructors' strive to educate all workshop attendees on how to best maximize their performance with a heart rate monitor through the Maximizing Performance with a Heart Rate Monitor workshop and all supporting events.

Anyone can purchase a heart rate monitor but you will benefit more from your purchase if you truly understand how it works, why it works and how to best

Our instructors education participants on the science behind heart rate monitoring, how to apply it in their daily workouts, provide examples from real athletes and are available to answer all participant questions. In addition, several supporting activities are built into the workshop where participants have the opportunity to apply workshop information, practice using a heart rate monitor, and review their data. This gives participants the opportunity to work with their own data and leave the workshop with a fully comprehensive understanding of the material.



Workshop Schedule

Friday evening - Part 1 of the workshop scheduled for four (4) hours from 6 pm to 10 pm.

Saturday morning - HeartFit instructor available for individual coaching during run. Six (6) downloadable Polar heart rate monitors will be available for workshop attendees to use during workout.

Saturday afternoon - Part 2 of the workshop scheduled for four (4) hours from noon to 4pm

Saturday evening - No-host dinner with workshop attendees and HeartFit instructor

Sunday morning - HeartFit instructor available for group coaching at a local track for an interval workout from 7 to 11 am. Groups will meet for 50 minute sessions during that time. Workout intensity is controlled by the use of a heart rate monitor.

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