

Watts Up?



The Skinny on Training with a Power Meter

Presented by Jason Gootman & Will Kirousis of Tri-Hard Endurance Sports Coaching

Who: Triathletes and cyclists

What: A discussion of how to use a power meter to train smarter

Why: You want to get faster, right?

When: Wednesday, November 19th from 6:00-8:00 p.m.

Where: Fit Werx2 (www.fitwerx.com) in Peabody, Mass.

More Information: www.tri-hard.com/seminars.htm

Questions: Call or email Jason Gootman at 508.429.5375 or jason@tri-hard.com.