



MTB WORKSHOPS | Wednesday Nights | Jungle Habitat | wheels down @ 6pm

Success in MTB racing is not just generating power or aiming for higher speed – success is understanding your personal threshold to generate maximal velocity through a specific course, a skill you need to practice.

Riding at MTB Race Speed is a skill that must be practiced and perfected.

Head coach Kenneth Lundgren of Elite Endurance Training Systems is the most dominant time trialist in region history. In his final year of racing, he concentrated on racing in the woods and won six Cat-1 MTB races. He is a licensed professional and leads the Elite Endurance MTB Academy.

Retired from racing in 2014, Lundgren now concentrates on leading MTB workshops throughout the season, providing athletes the secrets to his racing success.

MTB workshops are scheduled for every Wednesday night through July 1st @ **Jungle Habitat** – GPS address is Airport Road, West Milford, NJ. The workshop is designed for advanced beginner-intermediate+ and experienced riders. Ride time is 'til dark.

The MTB Workshop will begin with a climb up the Chute trail as an appetizer, and then a full reconnaissance warm-up lap of the flowy training loop. The first weeks will concentrate on mastering cornering technique and full race-line analysis of the terrain. The next laps are devoted to finding flow, understanding optimal pacing, and developing a MTB racer's mindset. Final laps will include tempo and race-speed sections on-course.

Post-bike, Lundgren breaks down full race-day preparation for optimal performance, from Wake-Up to Start Time, and concludes the workshop with an open Q&A session.

MTB workshops are \$15. Elite Endurance athletes gain free admission.

Please contact manager Amanda Pearl at Amanda@EliteEndurance.com to inquire about availability. Space is limited.

Disclaimer: Elite Endurance Training Systems, Inc is not responsible for personal safety. You ride at your own risk; operate your bike in a safe manner and be cognizant and aware of others. You are 100% responsible for your own safety.





In the last calendar year, Elite Endurance athletes won 160+ races, 1 National Champion, 2 silver medals, 1 bronze, 16 State Champions in road, MTB, and cyclo-cross, numerous series wins, countless podiums, relentless and unmatched results.

Elite Endurance Training Systems offers personalized, specific training programs for endurance athletes of all levels.

Elite Endurance employs a head coach, an MVP data analyst, an in-house DietRx counselor, a Speedcenter strength & conditioning staff, three MTB Academy professional instructors, a Touring Training Camp team, and an executive manager.

Elite Endurance coaches many of the nation's most successful road, TT, MTB, & cyclocross athletes, as well as coaching successful triathletes in Sprint, Olympic, 70.3, & 140.6 distances. Elite Endurance coaches athletes in Germany, Japan, New Zealand, and India.

Located in a wooded campus, the Elite Endurance headquarters hosts the corporate office, the Speedcenter gym & spin studio, the region's premier bike-fitting & testing facility in its Bike Lab, plus a full cyclocross & MTB training course on the property.

The Elite Endurance Academy produces events all year. Aside from private lessons and sessions with the staff, year-round road rides leave from the campus every Sunday. The MTB Academy produces workshops and clinics all season. Touring Training Camps for road, MTB, and triathlon are run every winter. The Elite Endurance TOUR DE FRANCE happens every summer. TEAM Elite Endurance's Sean Pasioka & Kenneth Lundgren coach and direct North Jersey's largest Wednesday Worlds cyclocross practices every summer, through the end of cyclocross season.

Elite Endurance.com

Discover your potential – BE ELITE

ELITE ENDURANCE TRAINING SYSTEMS, INC.