



## TT WORKSHOP

Success in time trialing means not just generating power or aiming for higher speed – success is generating maximal velocity through a specific course, a skill you need to practice.

Time trialing is an art that must be practiced and perfected.

Head coach Kenneth Lundgren of Elite Endurance Training Systems is the most dominant time trialist in region history, winning 25+ Pro/1/2 time trials in his career and setting eight course records along the way.

Retired from racing in 2014, Lundgren now concentrates on leading TT workshops on the Sundays before key TT events, providing athletes the secrets to his success.

The first three TT workshops are performed on diverse courses where coach Lundgren has set the course record.

TT workshops will include full reconnaissance laps of the time trial race course. The group will ride TT bikes for a warm-up lap. The next lap concentrates fully on race-line analysis. The next laps are devoted to understanding optimal pacing and mindset, and then getting tempo and race-speed miles 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.



Allamuchy TT workshop	April 12 <sup>th</sup> , 2015, 9 AM	Evergreen Park, Kennedy Rd, Green Twp
Somerset Circuit TT workshop	April 26 <sup>th</sup> , 2015 9 AM	48 Readington Rd, Whitehouse Station NJ
Upper Freehold TT workshops	May 10 <sup>th</sup> , 2015 9 AM	50 Ellisdale Rd, Allentown NJ

TT workshops are complimentary for Elite Endurance athletes and \$40 for non-Elite Endurance athletes.

Please contact manager Amanda Pearl at [Amanda@EliteEndurance.com](mailto:Amanda@EliteEndurance.com) to inquire about availability.

*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.*



*Kenneth Lundgren is a professional cycling coach and bike-fit specialist for Elite Endurance Training Systems, a coaching service that offers training programs for endurance athletes of all levels. He has been coaching since 2005 and a full-time coaching professional since 2008.*

*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 results.*

*In 2014, Ken retired from competition. He is the region's most decorated time trialist, having won 50+ Pro/1/2 TTs in his career. In his final season, Ken was undefeated on the TT bike and set 2 course records and won 7 Cat-1 cross-country MTB races. He is a licensed MTB professional. In the fall, Ken organizes and teaches the popular Wednesday Worlds cyclocross clinics.*

*Ken can be reached at (201) 951-4732 or [Coach@EliteEndurance.com](mailto:Coach@EliteEndurance.com).*



**“Discover your potential – be ELITE.”**