

Indoor Cycling

POWERED BY GINA KEHR

This is a 12 week program meant to be fun, focused and efficient. Gina shares her secrets on how to get the most out of every trainer workout. This class is for EVERY level and is based on Gina's "Quality vs Quantity" philosophy.

- **Performance test to establish fitness level**
- **Learn your zones with power or heart rate**
- **Learn "Quality vs Quantity" concepts**
- **Add trainer workouts to your training inventory**
- **Meet new riding partners**

When: Thursdays January 14 - March 31 2010
(12 sessions)

Where: Front of the Pack, Palo Alto

Time: 6:15 - 7:45pm

Cost: \$205.00 paid in full \$20.00 Drop-in

Equipment needed: Bike, trainer, towel, water.
Power meters or heart rate monitors not mandatory but a definite perk

Other: To sign up please e- mail Gina at Gina@ginakehr.com. Space is limited. First come first serve. Drop-ins welcome. There will also be a waiting list. Any additional questions please contact gina at:



650.269.4100

Introducing GINA KEHR

- Married with 2 children
- Professional Triathlete for 12 years
- Ironman National Champion
- Top 10 2000 Olympic trials

Excerpt from Boston Examiner article October 2009

Gina Kehr has a decade of professional triathlon racing under her race belt, and a top-ten finish in Hawaii five of those years, Kehr seems to have figured out what every age group triathlete struggles to nail down: a balance between work, family, competition, and *speed*.

In the nine years between her first World Championships in 2000 and last year, Gina has missed the top ten only one year that she competed (in 2002 she was eleventh—hardly a bad race). Talk about consistency! In those nine years, she shattered her arm and gave birth to two children. After taking a nearly 3-year hiatus from racing between Kona in 2003 and Kona 2006, Kehr took 4th, shocking the Ironman world.

Kehr's success rate at the world championships puts her in the company of triathlon legends. Of her contemporaries (Gina has been racing long enough to span the time gap between Paula Newby-Fraser and Chrissie Wellington), only eleven other women have seen the inside of the top 10 as often as Gina..

Gina Kehr “female triathletes, like a good wine, only get better with age.”

