



PRESS RELEASE

Hunter Allen announces new Fall Peaks Coaching Group Power Training Camp

July 30, 2009 – Hunter Allen and the Peaks Coaching Team is please to announce the first ever Fall Power Training Camp **“Using Your Power Data to Plan the Perfect 2010 Season.”** This camp will be held at the Allenberry Resort in South Central Pennsylvania from October 18th to October 23rd, 2009 and feature some of the area’s most scenic riding. This is the first camp of its kind and will showcase the newest training techniques that Hunter Allen and Dr. Andrew R. Coggan are introducing in the upcoming second edition of *Training and Racing with a Power Meter* to be released in early 2010.

“For years athletes have called me in August looking for answers on why their season has not turned out like they wanted,” states Hunter Allen, Peaks Coaching Group founder and renown power training expert, “they are not only looking for answers, they are looking for quick fixes. There are no quick fixes; most of the time the issue goes back to their planning, the training schedule in January and February and it is too late to fix it now.” Hunter continues, “When I look deeper, there are a lot of athletes that are using their power meters and power data to do a great job managing the individual workouts, but they are not using their historical data for analysis and diagnosis in an effort to better plan their season for peak results; they are not using the data to determine strengths, weakness, training needs and baselines. This camp is meant to teach athletes how to use that data to plan a fully periodized training and racing season based off their power history, their results, their needs and their baseline to better ensure peak performance and results. I believe this is the first camp of its kind.”

“I am really excited about our new fall camp,” states Scott Moninger, Peaks Coach and one of the winningest US Pro’s ever. “As a 20 year pro, I can tell you the real challenge of training is getting the annual plan right. Before I started training with power, this was a real challenge, but over the years I have learned how to use the data to ensure my season goes the way I wanted it to.”

This unique camp is the first of its kind. Each athlete will go through a series of personal physical and bio-mechanics tests such as FACT Lactate Test, Spin Scan Pedal Analysis, Watts/Kilo Testing and more in an effort to better understand your base abilities and then use this information along with the athletes’ past power data to improve your training plan for 2010.

The PCG Fall Camp will be a blend of morning seminars, picturesque fall rides and afternoon testing and planning. The classroom and on-the-road coaching will be top notch, featuring Hunter Allen, founder of Peaks Coaching Group and author of *Training and Racing with a Power Meter*, co-founder of TrainingPeaks.com and recognized leader on all things power training. If that is not enough for you, Scott Moninger of the Peaks Coaching Group and one the most successful U.S. pros in cycling history will be adding his knowledge and experience to the classroom while keeping the “on-the-road” efforts lively.

More information on this camp is available at www.peakscoachinggroup.com/ASPX/Camps/Camps.aspx.

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