



Power Training. Powerful Results! PEAKS COACHING GROUP

How to Purchase Hunter's Cyclo-cross workout library

PEAKSWARE **TRAININGPEAKS™** Beta

Step 1 Login to your TrainingPeaks account [Logout Hunter Allen](#)

Help
Message Board

Start Training Nutrition Reports Preferences

NEW & IMPROVED INTERFACE **CLICK TO TRY**

Step 2 Goto the NEW Interface

August 2009 Week's Goals Enter Week's Goals

Daily Metrics: Save Graph Daily Metrics

Sleep	<input type="checkbox"/>	Fatigue	<input type="checkbox"/>	Stress	<input type="checkbox"/>
Soreness	<input type="checkbox"/>	Pulse	<input type="checkbox"/>	Weight	<input type="checkbox"/>
Hrs Sleep	<input type="checkbox"/>	Body Comp	<input type="checkbox"/>	Overall	<input type="checkbox"/>
BP Systolic	<input type="checkbox"/>	BP Diastolic	<input type="checkbox"/>	Sleep Alt.	<input type="checkbox"/>
CNS					

Actual Time 0:00
Planned Time 0:00
Hours from ATP 0:00

TRAININGPEAKS™ Beta

My Settings Preferences Classic Mode Forums Help Logout

Calendar Spreadsheet Dashboard Journal

Training Nutrition Routes Plans, Pods & Store

Select view Stores

Available Stores Pod Libraries Training and Meal Plans Exercise Libraries

Step 3: Goto the Plans, Pods & Store section and click "Stores"

Step 4: Select Exercise Libraries

Step 5: Select the 15 Cyclo-Cross workouts, then purchase the library and it will be added to your account

Exercise Libraries

Search

ie: Strength, endurance, run, cycling...

LibraryName	Price	
10 Threshold Wattage Workouts by Hunter Allen	19.95	BUY
15 Cyclo-Cross workouts by Hunter Allen-Watts&HR	19.95	BUY
Gray Institute Exercises (monthly subscription)	19.95	BUY

Step 6: Go out and Ride to your best season ever!

PEAKS COACHING GROUP

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