

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AUGUST 15 UPHILL STRENGTH & POWER	16	17 FREE MIDDAY RUNNING CLASS AT ON HQ	18	19 DOWNHILL STRENGTH & POWER	20	21
22 UPHILL STRENGTH & POWER	23	24 FREE MIDDAY RUNNING CLASS AT ON HQ	25	26 DOWNHILL STRENGTH & POWER	27	28
29 UPHILL STRENGTH & POWER	30	31 FREE MIDDAY RUNNING CLASS AT ON HQ	SEPTEMBER 1	2 DOWNHILL STRENGTH & POWER	3	4
5 UPHILL STRENGTH & POWER	6	7 FREE MIDDAY RUNNING CLASS AT ON HQ	8	9 DOWNHILL STRENGTH & POWER	10	11
12 UPHILL STRENGTH & POWER	13	14 FREE MIDDAY RUNNING CLASS AT ON HQ	15	16 DOWNHILL STRENGTH & POWER	17	18
19	20	21 FREE MIDDAY RUNNING CLASS AT ON HQ	22	23	24 CIRQUE SERIES ENGELBERG	25

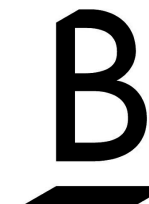
BALBOA WORKOUTS

UPHILL STRENGTH & POWER

The first part of the week is about improving power production in the legs for those uphill climbs. There will also be an accessory focus on core strength and muscular endurance.

DOWNHILL STRENGTH & POWER

The second part of the week is about increasing the capacity to absorb forces during downhill sections. Additionally working on secondary muscle groups that are assisting in reacting and stabilizing the body during endurance events.



COACHES:

Léonie, Andrea, Timo

LOCATION:

On Labs @Atmos Headquarter

TIME:

18.00 – 19.00