



Catskill Mountain MultiSport and Personal Strength & Training Present:

How to Train with Heart Rate and Improve Your Performance During the Off-Season



Why: Not all runners are created equally. And neither are your training heart rates. Knowing how to use the appropriate method for determining your target Training Heart Rate Zones will make a significant difference in your workouts. Having a clear understanding of your personal lactate and anaerobic thresholds can make a difference between achieving your goals and falling short during a race. This clinic will go over several common methods for calculating your target training zones and improving your performance during the off-season.

Who: Dorothy Hamburg, M.S. — Exercise Physiologist, ACSM Clinical Exercise Specialist, USA Triathlon Level II Expert Coach, and owner of Personal Strength & Training, Inc., New Paltz NY.

When: Tuesday, January 10th from 6:00-7:00 pm. (Snow date – Tuesday January 17th.)

Where: Catskill Mountain MultiSport, Cherry Hill Plaza (246 Main Street, Suite 15), New Paltz, NY 12561. 845-633-8720.

Cost: FREE. Space is limited to 15 athletes. You will need to reserve your space. Call Brian at 633-8720 or email him at catskillmountainmultisport@gmail.com.



Dorothy Hamburg, owner of Personal Strength & Training, obtained her master's degree in Exercise Physiology from the University of Oregon in 1998. She is a USA Triathlon Level II Expert Coach and is nationally certified as a Clinical Exercise Specialist and Health Fitness Specialist by the American College of Sports Medicine. Dorothy works with many of our area's athletes helping them stay healthy and injury-free. For more info, please visit TrisportsTraining.com or email her at dorothy@trisportstraining.com or call 845-876-1191.