

**Program rates (includes all components)**

1 month .....	\$150
3 months .....	\$360
6 months .....	\$675

**Specific component testing**

**Pedaling efficiency testing** on a CompuTrainer™ lab model.....\$30

**Anaerobic threshold testing** for cycling using the CompuTrainer™ lab model or running using the Super Treadmill .....\$50

**Running analysis** on the Super Treadmill. Video analysis of running mechanics is completed using Sports Motion software . . . . . \$30

**Performance, strength and flexibility testing** consists of vertical and standing long jump. Strength training involves single and double leg presses on our Plyo Press machine. Flexibility testing evaluates hamstring, quadriceps, IT band and hip flexor mobility . . . . . \$30

**Instruction– Mercy Acceleration Multisport Training** is led by

Brent Wesolek. Brent has over 20 years of coaching experience. He is certified by USAT as a Level 1 coach and also by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist (CSCS). In addition to being an avid triathlete, Brent also competes in Nordic skiing and currently races for Central Cross-Country Skiing (CXC). He has had many victories and has placed in the top 50 in the American Birkebeiner. Brent also holds a master’s degree in human performance and a minor in coaching competitive athletes from the University of Wisconsin-La Crosse.



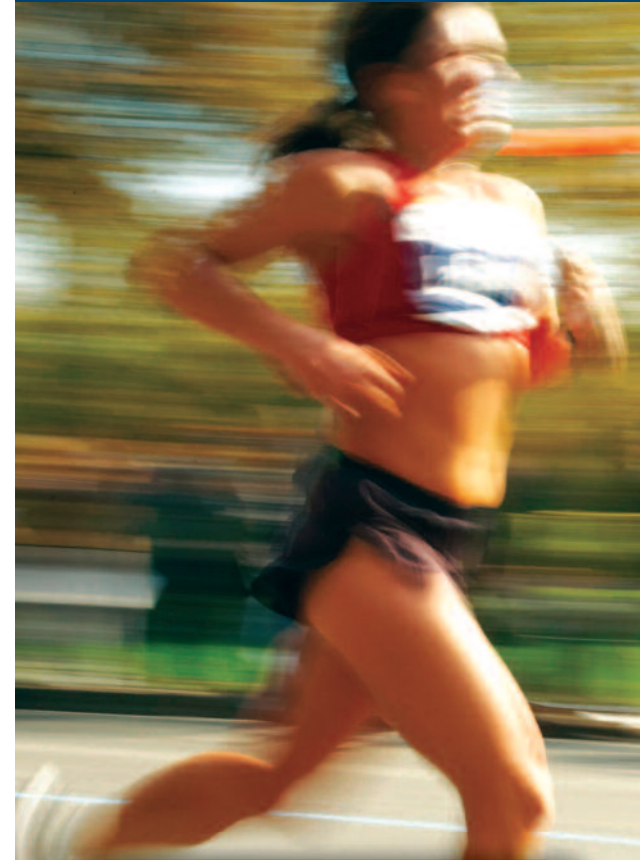
Brent Wesolek

*For more information on our individualized triathlon training, or to get started now, call Mercy Acceleration at (608) 743-2757.*



MERCY SPORTS MEDICINE  
AND REHABILITATION CENTER  
557 N. WASHINGTON ST., JANESVILLE

# Mercy Acceleration Multisport training



*Regardless* of your ability or experience, Mercy Acceleration Multisport Training will help you unlevel the playing field. Our program is based on sound scientific training principles and is geared for triathletes, duathletes and anyone seeking improved performance in aerobic sports.

**Here is what it entails:**

- Daily training plans
- Running anaerobic threshold testing using the Super Treadmill
- Cycling anaerobic threshold testing on a CompuTrainer™
- Running and cycling analysis (using CompuTrainer™)
- Strength, power and flexibility evaluation
- Bike fit assessment
- Unlimited use of Mercy Acceleration's strength equipment
- Plyometric and treadmill sessions



**1. Daily training plans**—Training plans are provided based on your goals, strengths and limitations, time available to train, and how you respond to volume and intensity of training. Athletes will meet with Brent Wesolek, MS, CSCS, Level 1 USAT certified coach, for an initial consultation to review training goals and history. Thorough evaluations are conducted to optimize your performance and ensure safety.

**2. Running anaerobic threshold testing**—This test involves a gradual increase in speed as heart rate, rate of perceived exertion, and ventilation are monitored. The test determines your heart rate at race pace or anaerobic threshold that is critical in determining how high you can take your engine without going anaerobic. This information is also useful in developing more accurate training zones and measuring progress in running efficiency, endurance and speed.

**3. Cycling anaerobic threshold testing**—Similar to running aerobic threshold testing, this test involves incremental increases in intensity or watts as heart rate, rate of perceived exertion (RPE), and ventilation are monitored. This test will also determine your race intensity and can be correlated to heart rate, RPE, or wattage with a power meter. The testing is completed using a CompuTrainer™ Lab.

**4. Running and cycling analysis**—During the first treadmill running session and cycling aerobic threshold test, analysis of your technique will be made to help you develop efficient technique. Sports Motion® software is used to provide immediate feedback that will speed the learning process and give objective feedback regarding joint angles and muscle recruitment patterns during running. The SpinScan™ pedal stroke analyzer on the CompuTrainer™ will be used to give feedback to identify inefficiencies in your pedaling mechanics.

**5. Strength, power and flexibility**—Mercy Acceleration trainers will evaluate your strength, power (vertical and standing long jump) and flexibility. Recommendations will be made from these tests to help you optimize these components.

**6. Bike fit**—Before the cycling aerobic threshold test, recommendations will be made regarding your bike set-up. Sports Motion® software is used to analyze joint angles that can help establish a better fit, along with traditional measurement tools.

**7. Mercy Acceleration strength center**—Athletes have use of Mercy Acceleration's strength center. An individual strength program will be developed that will focus on improving functional strength, power and injury prevention as it relates to multisport training.

**8. Plyometric and treadmill sessions**—Athletes are able to complete one treadmill and one plyometric session per week at Mercy Acceleration. These sessions focus on developing proper running mechanics and anaerobic power and will add variety to your training to prevent staleness and improve performance.