

Qualified Instructor:

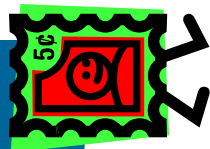
Gary Bredehoft , CSCS, ACE CPT

- Certified Strength and Conditioning Specialist
- USA Triathlon Certified Expert Level Coach
- ACE Certified Personal Trainer
- RRCA Certified Running Coach
- ASEP Certified Coach
- Certified Sports Safety Training

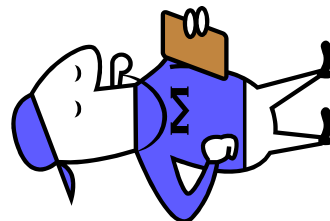
All Instructors CPR/First Aid Certified

Our Personal Coaching/Training Philosophy

Is to share knowledge of the fundamentals of the Activity/Sport with the client or athlete, through safe, enjoyable coaching/training techniques and methods. To assist the individual or athlete in setting, maintaining, monitoring, and achieving his or her goals, while developing self-confidence, discipline, and a feeling of self-worth. Above all, develop a lifestyle that will promote a lifetime of fitness and physical activity.



Tiger Coaching & Personal Training
2110 Winthrop Rd Suite 100B
Lincoln, NE 68502



Tiger Coaching & Personal Training

**Adventure
Race
Training
Conditioning
Fitness Class**

\$50



*Conditioning through outdoor
group physical fitness training
Faster! Stronger! More Confident!*

*Nothing is ever achieved that
stays in a dream.....
TAKE ACTION!*

Tel. 402-488-8280
coach@tigercoaching.com
www.tigercoaching.com



Adventure Race Training Conditioning Class

- Challenging and Innovative fitness routines
- Four levels of training schedules
- Fun and variety
- Qualified Trained instructor
- Train with your friends
- Easy to Intense conditioning program structured to Outdoor Adventure Racing principles and training techniques structured to your present level of fitness.
- Learn & Improve at Adventure Racing
- Outdoor Group Training
- Get Fit and change your life
- Improve muscular strength & Flexibility
- Improve cardio respiratory endurance
- Reach your Goals
- Physical Fitness Testing
- Stay Motivated
- Enhance productivity and mental alertness

2007 Series Events

- January 14 - Panama Trail Run
- February 18 - Panama Adventure Race
- March 18 - Panama Mt. Bike Enduro
- April 8 - The Link - Urban Adventure Race (Lincoln)
- April 21 - FOP 39 Adventure Race (Wagon Train Lake)
- May 26-27 - 12-Hour Mountain Bike (Branched Oak Lake)
- June 22 - Run, Row, Rock & Roll (Fairbury)
- July 21 - Cornhusker State Games Adventure Race (Branched Oak Lake)
- August 6 - Norfolk Adventure Race
- September - TBA
- October 21 - Warrior Challenge (Camp Ashland)

Tiger Coaching & Personal Training Adventure Race Training Conditioning Class

Program Fee:

\$75 per person a month for once a week one-on-one training & training schedule & handbook, (minimum 3 per group)

\$50 per person a month for bi-weekly one-on-one training & training schedule & handbook, (minimum 3 per group)

Registration Age:

10th Grade and Above

Limited Class Size

What to bring:

Bring clothes to workout in, water bottle, sunscreen, insect repellent & towel

Sessions:

Scheduled to your needs & availability in groups of 3-12, All workouts approx. 60 min.

Conditioning:

Prerequisite: should be able to walk/run 1 mile and be in basic good physical condition

Program Location:

Tiger Training Fitness Center
2110 Winthrop Rd. Lincoln, NE 68502
(Aprox. 31st & South Street)

Classes also to be held at alternative outdoor locations.

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Lincoln, NE 68502

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Fax: 402-488-8280

Email: coach@tigercoaching.com

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TIGER COACHING & PERSONAL TRAINING ADVENTURE RACE TRAINING CLASS REGISTRATION FORM

Individual registration form required for each participant

(Include registration fee payable to Tiger Coaching)

Participant Name _____

Parent Name _____

Address _____

City _____ State _____

Zip _____ E-mail _____

Phone H. _____ W. _____

Male Female Date of Birth : _____

Fitness Level: _____

Limitations: _____

Age _____ Weakness _____

T-Shirt size (circle): S M L XL

Program Fee \$ _____ (enclosed)

WAIVER

I know that participating in a conditioning program is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained to partake the workouts of this event. I agree to abide by any decision of an Instructor relative to my ability to safely complete the class, as well as abide by any recommendation to withdraw from the class, compete at a slower pace due to weather conditions. I understand that the weather conditions are often hot and humid and there is a danger of heat related injury or even death. I assume all risks associated with competing in this program, including but not limited to: falls, contact with other participants, the effects of the weather, including heat, humidity, traffic, and the training conditions. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Tiger Coaching & its employees, the City of Lincoln, Nebraska Sports Council, and all Sponsors, their representatives, assigns, and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature

DATE

(If under 18, parent or guardian signature)

