

SPA GIRL TRI



INTRODUCTORY TRAINING PROGRAM FOR THE COMPLETE BEGINNER TO INTERMEDIATE PARTICIPANT

Coming to you from Coach Chris Aarhus and

OT Optimal Triathlete
Exposing you to Full Potential

<http://www.optimaltriathlete.com>

<http://www.Facebook.com/optimaltriathlete>

<http://www.youtube.com/optimaltriathlete>

This 8 Week program should get you prepared for most distances of the

Spa Girl Tri women's triathlon race series

<http://www.spagirtri.com/>

Up to 400 meter Swim
10mi Bike
2 mi Run



INSIDE

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Now, some of you I know will just fast forward and skip through these first few pages... “ just gimme a program!!”. That is the personality of some.

Yet I encourage you to read as there can always be a little something that you either haven't thought about or will trigger something else in you while out doing your workouts.

At times I may use words that you may not be familiar with. I realized at the clinic we did for the [Spa Girl San Antonio](#) that there is more variance than I thought in where people are at in terms of what they personally seek out for information prior to an event.

Don't be afraid to ask questions. However, it is one of those things, until you come upon certain situations, we don't always know what questions to ask. I don't always cover all scenarios. So questions help me develop more comprehensive programming.

So.....



Welcome! ladies to what may be one of the most rewarding experiences, and, for some, a breakthrough on many levels.

Participation in any sport means something different to each person depending on your background as well as your current health.

The accomplishment can be liberation from a misguided mindset that you could never do something like this. A validation, that if you put the time and effort in, you can then carry that title of “ triathlete”, and now feel you can accomplish anything.

We all started somewhere in this sport. Even with a cyclist background, I left transition to run in one of my first races, with one cycling shoe still on!

Keep in mind that some participants come from other sports, thus the transition is not very difficult for them. There are people that exercise enough daily to be able to just ‘show up’. Yet I have met many people in my years of personal training that are plenty fit, yet feel a triathlon would be too difficult to do. No vision.

You have embraced the mindset that it is indeed achievable. At any distance that you choose to train for...the only way you won't ‘finish’ (one of the top fears) is if you simply quit. (of course there could be medical issues etc..but..you know what I mean 😊

I have seen people side stroke the swim, ride a borrowed bike for the first time in years, and ‘walk’ the whole run. There are many participants that dip their toe by simply participating as a relay. **Its all good!**

My suggestion, find another race local that you go and watch/volunteer for prior to your race. This will give you a perspective that the majority of participants are not elite, as well as appreciate what the volunteers do to make your day great!



My name is Chris Aarhus and have spent close to 30 years in generally non-mainstream sports. I went from speed skating on roller skates in high school, to bicycle racing, an ultra run sprinkled here and there and eventually triathlon.

Though I didn't initially plan it, I progressed, like many, from the sprint distance to full Ironman distance. I was blessed to have the health to qualify 3x and participate 2 x at World Championships in Kona, HI.

I have 5 children with ages ranging from 1 to 23 years old and after winning the overall at Redman Iron'distance race in 2008, hundreds of races under my belt, I was eventually succumbed to the drain of racing for the next few years with severe adrenal fatigue. Imagine that! But that is for another book.

Just know that I have been through all ends of the training spectrum from under-training to overtraining and experience makes a better teacher I say.

There are many many variables when it comes to training and thus you may hear and read sometimes conflicting information about what is the 'right way' to train. There has to be material to put out month after month in magazines so it's no wonder it can get confusing.

Information from your well intentioned friends, may sometimes be a poor interpretation of what was read, or experienced ONE time and they were not educated or experienced enough on how to handle it. So take everything you hear and apply appropriately...or ask me :)

Training is all about learning through personal experience, awareness, and repetition. I did not learn all I have in one race, or one season of racing for that matter. So understand that this program is merely the beginning.



I am analytical by nature and ever evolving in concepts and application.
Please understand the following.

Don't dismiss or prejudge information or training methods as too difficult or with the thought of

“ well I'm not 'racing'..I just want to finish”... and I don't need to do that.

We all want to finish. But when it comes to looking at the results...everyone looks to see where they placed. Everyone wants to do the best they can. But what exactly is that? What is...'the best?' You might not even have a vision of what you are capable of.

We are all individual, yet there is a common process in training that just works that is *scalable* to each level of ability. You do not have to be competitive to follow the same methods of progression. At some level it is going to be hard. It has nothing to do with being competitive... it is just how you get stronger and thus enjoy the event that much more!

In the end, yes it is all about having FUN. But there is nothing wrong with trying to achieve your full potential in that process.

Have a great time!!

Chris

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You may not be familiar with an e-book. But this format allows for embedding links within to utilize a video link or other linked resource.

Like This - intro vid from me [here!](#) 🎥🌐

The Program you hold is meant to:

- 1) address a simple “what do I need to do” schedule to follow. For the more physically experienced, those with boot camps and years of Group spin class under their belts, this will be less than you are already doing. You are one that could just “show up”. Just take the concepts you need and scale as needed.
- 2) Template programming (1 for all) this won't possibly cover all the variables when writing a program that will be applied to many different time schedules and physical abilities, but gets you in the right direction.
- 3) This covers basic swim ,bike, and run. The other days are simply labeled crosstraining which should entail you building a general level of fitness, strength and core stability using exercises like these:

[Squats/Lunges](#) 🎥🌐

[Pushups](#) 🎥🌐

[Back Row](#) 🎥🌐

[Hip/Hamstring stretch](#) 🎥🌐

[Plank](#) 🎥🌐

We all have different time constraints, but a few minutes addressing other muscle groups not directly used in the three sports, can go a long way in injury *prevention*.

4) Since this program is to be utilized as a starting point, it is indeed focused more so on getting through the event and not in learning how to use a heart rate monitor and other gadgets to improve performance.

I will be using a scale of perceived exertion for its simplicity. While it can have it's downfall in people's mis-interpretation of that perceived exertion, it is the simplest when new. I cover that in this video here. [Perceived Exertion and Heart Rate Training](#) 🎥🌐

If you wish to learn more about Heart Rate training or Watt training feel free to contact me.



WHAT DO I REALLY NEED TO PARTICIPATE IN MY FIRST TRIATHLON?

Though you will hear different things from different people as well as what the local bike shop feels you need, there are some basic 'have to's' or you can not participate. The rest are items to either make things more comfortable, stave off a phone call for help, cover different weather conditions, improve performance, and /or drain your bank account!

I come from a bike racing background of trying to race practically every weekend, so saving money was paramount.

Though the demographics show different, not everyone has the expendable income and many are deterred from trying a triathlon because they feel it is too expensive.

Granted yes, the initial hit in getting set up *can* be steep, but even that can be controlled if you don't caught up in thinking you have to have this gadget or that carbon do dad.

Depending on the location and general climate of the event, the absolute most basic and minimal of needs to participate are:

Swim goggles, Swim suit , swim cap

A functioning bicycle (this can even be borrowed) and helmet , preferably triathlon shorts (Cycling shorts are similar but have a thicker pad)

Running Shoes- running shorts though most just where the same tri shorts start to finish without changing. There are no changing tents.

However, due to the varied conditions and climates and other variables involved in this sport...here is a list of other items you may pick up over time.



SWIM-

Wet Suit- depending on the time of year you are racing, you may need to invest in a wetsuit
Long sleeve or short sleeve? - if owning only one, go Long. **Many of the Spa Girl events are in heated pools though and a wetsuit probably won't be necessary.**

Fins/Hand Paddles/kickboard/ ankle bands/ tempo trainer- these are optional items many use for swim drills for technique and adding variety to your training. Some pools already have these on site. They are not "needed" for a first time event. The bands I use the most, and I just made those from an old bike inner tube.

Extra Pair of Goggles- when going to a race, last thing you want to stress about, breaking a strap and frantically looking for another pair. Get one with Blue Lenses and one Tinted

*Extra swim suit-*no excuses not to swim

Everything else- the ipod/earphones/lap counter timer etc are \$\$ 'wants' but I feel can be distracting. If you are swimming lap after lap like a drone and need music, you need to look at your program.

BIKE-

Triathlon Specific Bike- once you feel you are going to stick with the sport, then go ahead and upgrade that bike from the discount store. It will be much lighter, fit you better (think knees, back , neck feeling better) This still is not considered a necessity. It just depends where you are at. You can find one used sometimes from those that have to have the coolest bike for their first event, then never do another one.

Aero Helmet- far down the list of needs- this goes with the next one

Aero Wheels- those fancy Carbon Wheels that have tall rims on them. Great for aero dynamics but saves more relative time IF you are averaging above 18-19 MPH. Other than that, they look great and you feel faster. But they are spec'd on some bikes so if you got em, use em.

Clip-in Pedals/Shoes- If there is one thing to get used to right away...clip in shoes and pedals Though this seems intimidating, this can easily be overcome and are both safer and much more efficient and by NOT using them, you already begin the process of training proper pedaling mechanics and avoid developing an imbalance in your leg muscles.

SPARE TUBES/PUMP/CO2/ seat bag - items needed in case you have a flat. Although they may have roaming support on the race course, you are supposed to be self supported. Besides, learn how to change a flat for when out training.

[GENERAL BIKE FIT VIDEO Click](#)



[Discussion about 'Clip in' pedal systems](#)



RUNNING-

Ok, can't say much more on this one. I definitely didn't go through shoes as often as I should have. Only advice here, buy what shoe works for you. You may need to go through a few brands and styles to really get it, but running in itself should not be causing knee, hip, back, foot pain.

Is there some adaption when new, yes, but it shouldn't be requiring the regular orthopedic visits of an elite runner doing 120miles a week. An assessment of running form and muscle imbalances should be addressed if having problems right off the bat.



NUTRITION

This will be probably the shortest nutrition information you have ever read, well, it's still 2 pages. During all the past 14 years as a personal trainer, food is of course the number one issue when it comes to weight loss, weight gain, performance, energy levels, attitude, focus, drive and determination, program progression.

With the countless programs and books, DVD's , systems out there it is easy to get confused. I could write a whole section on this but that would just be more rehash of what is already out there.

I will instead list in here a few concepts and depending on what information you have already been exposed to, you can explore more or consult with me for more information.

Paleo, Vegan, Mediterranean, Low Carb, etc. Understand these all have their plus's and minuses. But the bottom line, you need to understand you, that there are different metabolic types, and what works for some doesn't work for others.

J.E.R.F.- Just Eat Real Food. Ok, I'm done!



Really. Practically eliminate packaged/ processed food, juices, minimize the grains and breads and cereals (time them to your workouts) . Workouts less than 1hr don't need energy bars and sports drinks if you are eating properly throughout the day.

ANY transition away from carbs, and trying to balance your sugars, is going to take some time. Especially if they were a major part of your diet (look honestly at this) . How long? When you quit CRAVING them all the time. Could be days, could be weeks. But if you want the body to start burning more fats, quit giving it so much carbohydrate (didn't say eliminate!!) Probably only one time a month you don't stress and just give in ☺ (I wont get into the studies on this)

I know it sounds simple and most just wont do it. They feel even THIS is too restrictive.

- Eat when you are hungry- BUT be careful of being hungry more than you *should be* because of the types of foods you are eating. A meal with mostly carbs/breads/grains and little fat, fiber or protein, and you will be snacking soon.
- Keep tweaking the ratios of Protein/ Good Fats/ Carbs until your appetite can go 3-4 hours without feeling ravenous. This is individual to each and varies based on output. If you are hungry all the time...keep increasing the ratio of fats, proteins, fibrous foods until it slows down.
- Match food intake to the workout
 - A day of 2 hours of working out would not have the same caloric intake as the days you do nothing.
 - Any simple carbs are to be eaten around the workout- all else is veggies and fruit
- PLAN your meals. Prepare and have it ready. Most mistakes are made when waiting too long to eat and judgment is impaired when you are super hungry. Quit eating out so much.



- Drop the alcohol- just try it for the 8 weeks....ok , a glass of wine here and there ☺
- Be **honest** with yourself and what YOU do. Comparing yourself to someone that is worse off than you doesn't do much good
- Get an accountability partner...and one that doesn't coddle and give in when you do. Don't sabotage each other.
- Fix foods you enjoy. The internet is FULL of better choice ideas without it turning into a project
- Pay attention to what foods do to you. If it gives you gas, bloating, head ache, runny nose, itchy ears...then quit eating it. Even if it is a "healthy" food, its not for you.

If you really want to stop guessing, I do MRT food sensitivities testing of 150 foods and chemicals
Click [HERE](#).

A note about calorie cutting. When new to exercise or an increase for a new endurance event, many cut calories at the same time as increasing their workload (more working out) in an attempt to lose weight for the event.

Unless you were packing on 10lbs a month, you probably only need to change **one variable**, in this case it is adding the triathlon training. The rest is cleaning up the food, not necessarily cutting back. Eating cleaner will actually be a challenge sometimes to GET enough calories in.

Add in the working out **OR** drop some calories. But to do both **CAN** be a bit too hard on the hormonal system (talking Leptin and Ghrelin hormones) . It works at first, until you start feeling like crap. Your energy each day and progression in strength (if any) is indicative if you are getting enough.

If after the first couple weeks you start to struggle to get going, start upping the coffee and energy drinks, then you need to assess if maybe you aren't recovering well or eating enough for the effort you are putting out.

There are few athletes that increase their mileage without bumping the calories a bit to match. Keep in mind though..20minute workouts don't constitute much for extra calories.

Keep up on sleep (My personal downfall of my training honestly!) The less you sleep, the more carbohydrates you may crave. Typical of most working/ family triathletes is cutting sleep.

Again, I won't go into the whole thing, but it is probably better to get to bed early and get up early when Cortisol is primed for the day.



THE PROGRAM

You are basically at minimum trying to get in 3 x of each sport a week.
3 swims, 3 bike sessions, and 3 runs and some strength training in between.
Other than that, extra workouts will be listed as OPT- optional

Depending on where you are at in fitness, this is a guideline to how to set up a typical week for the *beginner* triathlete. Meaning they aren't doing much at all right now. Roughly 3 – 4 hours a week (not including the variables of travel to pool access, class access, group access if you are doing so.)

Like I said, I can not cover all the variables. If new and you need to break even the shortest workouts up into parts, do so, but get the total time in of *effort*.

If it says 30 minutes of moderate effort and your butt can't handle 10min on the bike...then do 10 minutes 3x with a little walking break in between for 1-2' to get the blood flowing down there.

NOTE: If you do train with groups and/ or friends, do not let their workouts determine your workouts. Occasionally for that push, it is ok. Otherwise stick to what you are doing.

Again, we are using perceived exertion for the effort levels and we are going to keep it simple

EASY, MODERATE, HARD, ALL OUT

To get used to transitioning from one event to the other you may have some days stacked up with exercises back to back (known as a 'Brick'..but I don't really call them that...it's just another workout)

If time does not allow these types then switch the day out for another.

You can move days around as needed, but try not to play 'catch up' too many times and cram a bunch into 2 or 3 days. Look at what the next day's workout is going to be. Since the volumes aren't that high it is not going to be too much a problem.

SWIMMING- Though it is all relative..400 meters is not that long. To have you start 8 weeks out going to the pool and only swimming 100 meters wouldn't be best use of time. This program is not to teach you how to swim. That is something you will need to get with a masters swim program or private coach for. Think of swimming for time, so at least 15 minutes minimum in the pool.

BIKE - if you are not getting outside at least on the weekends, do so. Indoor group spin works fine, just be sure you aren't skimping on the tension or effort. No balance is used indoors so you are cheating those core muscles. Some cities have excellent trail systems.

RUN- outside and treadmill running both work. If on the treadmill though, learn how to use some of the hill programs or use the ramp up to 5-6% occasionally as it isn't flat outside!

Pay attention to ANY tension in the knees, Achilles etc and nip that stuff early before it becomes chronic. Injury is NOT just a part of running that you need to 'suck it up'

If you want to be in this game for the long haul, don't beat your body like it's your job.



	SUNDAY	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	OPT- SWIM 15' BIKE- 40' easy to moderate effort RUN-off	SWIM- 15' – Main effort- 8x 25m every other 25m go hard CROSSTRAIN- 20' WALK/RUN- 15'	SWIM BIKE- 30' – steady easy to moderate RUN	SWIM- 15' easy swim BIKE CROSSTRAIN- 20' RUN	SWIM BIKE RUN- 15' easy	SWIM- 20' easy BIKE RUN	SWIM BIKE- 30' - easy - moderate RUN- 10 easy
WEEK 2	SWIM- OPT 15' BIKE- 50' easy- moderate: work on RPMS- 85-100 1' on/ 1' off RUN-off	SWIM – 20'- 4 x 50 hard Rests 20seconds BIKE CROSSTRAIN- 20' RUN- 20'- easy to moderate	SWIM BIKE- 40'- easy to moderate RUN	SWIM- 20' easy – moderate swim BIKE CROSSTRAIN- 20' RUN	SWIM BIKE RUN- 20- easy	SWIM- 25' easy- moderate BIKE RUN	SWIM BIKE- 35' easy to moderate RUN- 10 easy
WEEK 3	SWIM- OPT 15' BIKE- 1 hr- Spin class- most are 45' ride before or after RUN	SWIM- 20' – 4 x 50 hard Rests 20 sec BIKE CROSSTRAIN– 20' RUN- 25'- easy to moderate	SWIM BIKE- 50'- easy to moderate RUN	SWIM- 25 ' easy to moderate BIKE CROSSTRAIN- 20' RUN	SWIM BIKE RUN- 25' easy	SWIM- 30' easy to moderate BIKE RUN	SWIM BIKE- 40' - easy - moderate RUN 15 easy
REST WEEK 4	SWIM- OPT 15' BIKE- 35' easy pace- work on RPMS- 90-100 RUN	SWIM- 15' swim easy BIKE CROSS TRAIN 20' RUN- 15'- easy	SWIM BIKE- 40'- easy- work on higher rpms RUN	SWIM- 15' easy to moderate BIKE CROSSTRAIN- 20' RUN-	SWIM BIKE RUN- 15' Hill repeat 3 x 1' hill	SWIM- DAY OFF BIKE RUN	SWIM BIKE- 30' easy RUN- 20' easy
WEEK 5	SWIM- OPT 15' BIKE- 1hr- Main 6x 3' hard 3' easy- Rest of ride is easy- moderate RUN-off	SWIM- 20' 2 x 100 moderate 30" rest BIKE CROSSTRAIN– 20' RUN- off	SWIM BIKE- 50'- main 3 x 10' moderate / 3' easy RUN- 10' right after BIKE- easy	SWIM- 25' easy to moderate BIKE CROSSTRAIN- 20' RUN	SWIM BIKE RUN- 25' easy- mod- hard	SWIM-30' easy to moderate BIKE RUN	SWIM BIKE- 45'- easy- moderate RUN- 20' easy
WEEK 6	SWIM- OPT 20' BIKE- 1 hr- Main- 5 x 5' hard 5' easy effort RUN- off	SWIM- 20' 2 x 100 moderate 30" rest BIKE CROSSTRAIN 20' RUN- off	SWIM BIKE- 1 hr- Main 3 x 12' moderate 3' easy between RUN- 15' right after bike easy to moderate	SWIM- 25' easy- moderate + 4 x 25 hard efforts /30" rest BIKE CROSSTRAIN- 20' RUN	SWIM BIKE RUN- 4 x 1' hill repeat	SWIM-30' easy to moderate BIKE RUN	SWIM BIKE- 50' easy- moderate RUN- 25' easy- mod- hard
WEEK 7	SWIM- OPT 25' BIKE- 1 hr- Hilly Ride RUN	SWIM- 20' 2 x 100 moderate 30" rest BIKE CROSSTRAIN 20' RUN- 15' easy	SWIM BIKE 1hr- Main 3 x 6' mod 3' hard / 4' easy RUN- 20' right after bike- easy to moderate	SWIM – 25' easy – moderate + 6 x 25m hard/ 30" rest BIKE CROSSTRAIN- 20' RUN	SWIM BIKE RUN- 25' easy- mod- hard	SWIM- 30' easy to moderate BIKE RUN	SWIM BIKE- 55' easy- moderate RUN- 30' easy
TAPER WEEK 8	SWIM- OPT 15' BIKE- 1 hr – easy – moderate- 3 x 8' hard with 3' easy between RUN	SWIM- 20' 2x 100 moderate 30" rest BIKE CROSSTRAIN 20' RUN- off	SWIM BIKE – 30' easy ride RUN	SWIM- 15' hard swim BIKE CROSSTRAIN- 20' RUN- 15' easy- moderate run	SWIM- off BIKE- off RUN- off	SWIM BIKE- OPT short bike ride to stay loose RUN- OPT short 10-15' jog to stay loose	SWIM- RACE DAY! BIKE- RACE DAY! RUN- RACE DAY!



GENERAL RACE DAY INFO AND TIPS

If you are on the mailing list for the event there should be information sent out about race day for the particular venue you are attending.

Stay connected for any videos I send out to the group or any Q/A webinars that I may hold prior to the event.

It really is my intention for you to have the least anxiety and confusion going into your first triathlon so that you may fully enjoy it.

Usually, the only time the promoters and volunteers get bad attitude from a participant, is because that person did not read all the information provided to them, has procrastinated, and is ill prepared.

If you ask someone a question they do not know the answer to, please don't roll your eyes off in a huff. Politely ask if they could direct you to who might know the answer.

Remember, most are volunteers at the event and don't know ALL aspects of the race venue beyond the spot they are working.

Night before Race day-

Prep the night before:

- Numbers on all designated places- helmet/bike/ bags (if applicable)
- Bike prepped and mechanically sound. Should be done weeks prior.
- Time frame established to allow time to travel/walk to start, set up your transition area. There will be all participants out as opposed to the trickle of people you see the day before.
- Eat as you normally would. Don't stress. The training is over. Rest up, but don't stress if you get poor sleep from the anticipation. 1 night won't mess you up unless you mentally let it get to you.
- Attend the pre-race meeting if there is one. There will be questions you hadn't thought of that are asked plus any changes in the course. We see this all the time , the scramble in the a.m. with people that didn't get the info the night before.

RACE MORNING-

- Again, allow for plenty of time to get to start. You may have feel like you have to hit the bathroom multiple times, this is normal.
- Eat early and don't stuff yourself. Eat simple and light, the event is not long enough for a 4 pancake lumberjack meal. A banana w/ peanut butter or oatmeal with almonds or chia seed with hemp seed and coconut oil and blueberries...all good
- Recheck your bike/ set up and do a mental run through what you will do start to finish.
- Get your timing chip if not provided the night before (little ankle band for timing if used in the event)

Know when they are starting and how they are lining everyone up. If a staggered "1" at a time start, expect to possibly not get in the water for up to an hour + later so find out how they are lining everyone up.

HAVE A GREAT TIME!!



RESOURCES PAGE

To keep up on other tips and videos that I put out please be sure to subscribe to my YouTube channel <http://www.youtube.com/optimaltriathlete>

Below are suggestions for improving your health. Many people, when embarking on the challenge of a triathlon, have decided to enter the extremely confusing world of regaining health.

I personally went through a health challenge after 25+ years of racing and find that for most people, it is not 'getting older' being the reason for their health demise, rather their previous lifestyle.

I thus studied to become a Functional Diagnostic Nutritionist practitioner

Through <http://www.bonesandhormones.com> and I work with athletes and non-athletes in looking for healing opportunity with an "opt-in" model of health care. This means opting to take charge of your health before you 'have to' go to the doc.

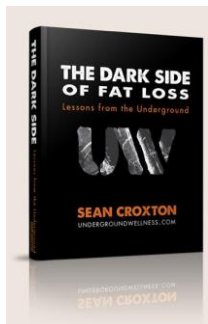
Our method of health is:

D.R.E.S.S- Diet, Rest, Exercise, Stress reduction, Supplementation

Feel free to contact me if you have any questions on what you find after going through the above site which explains what we are about. Head back to my website www.OptimalTriathlete.com

Below are links for programs/information that I have found useful in working with clients and their health. I do earn a small commission on some of them as that is how they set up sharing their books.

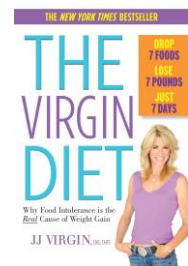
Start with an easy read (meaning it really isn't long or too much medical jargon) that may put you on a better path to health, I would suggest getting this book from the host of Blog Talk Radio Show " The UnderGround Wellness" <http://fa15bps8mf-zzg643dmcmjxfo.hop.clickbank.net/?tid=SPAGIRL> Share that link with someone you know who is struggling with their health.



This comes with many bonuses including the Underground cookbook (I have a snack video in it ☺)

“ Don't lose fat to get healthy..get healthy to lose fat”

Another resource would be [JJ. Virgin's](http://www.JJVirgin.com) " The Virgin Diet" also on track with no hype <http://amzn.to/16Tgquc>



Finally, if you have wondered about hormones and health , this was a 6 day summit held in the summer of 2013 interviewing many of the top experts in hormone health. You can own all the interviews which is much cheaper than flying to each one's presentations across the country. <https://at105.infusionsoft.com/go/sbsorder2/tssathlete/> (or share the link to someone you know needs some help)