3-time Olympic skier

International fitness expert reveals championship training secrets of Olympic ski racers

Nutrition strategies for fat loss and peak performance including mental toughness mind set for winning

Options

**Masters Racer Kick-Start**

3 small private group sessions per week (total of 4-6 training)

At Train 24/7 Fitness in Prahran, Melbourne\*

Meal plan – nutritional planning

Mental toughness training

Total = $90 per week\*\* ($30 per session)

**Winning Racer Performance**

5 small private group sessions per week (total of 4-6 training)

Mostly at Train 24/7 Fitness in Prahran, Melbourne with some out door sessions

Unlimited gym access 24/7

Meal plan – nutritional planning with reviews each month

Mental toughness training

Total = $130 per week\*\* ($26 per session)

**Benefits**

Take seconds off your race time no matter what your age or how long you’ve been skiing – start winning today

Reach personal bests regularly

Learn the secrets of an Olympic athlete

Lean what to eat to get the most out of you training and performance

Fat loss

Tone up or bulk up

Perform better – hold your turns stronger, increase race turn speed, ski cleaner and with more confidence

Injury prevention

Reduce stress

Feel better, look better – walk with confidence

**BIO**

3-time Olympian (Alpine and Ski Cross)

9th – Combined Downhill – Salt Lake City 2002 Olympic Winter Games

Multiple top 30 Alpine World Cup Downhill skier

Bronze – Winter X Games medalist 2012 – Ski Cross

Multiple podiums on Ski Cross World Cup tour

5th Ski Cross World Championships 2011

6 World Championships (Alpine and Ski Cross)

Currently training Australian Development team athletes along with race club level kids – Spots filling up fast.

Individual private sessions also available

\* must pay gym membership fees of $12 per week. No sign up, no contract, no leaving fees

\*\* based on a 6 month commitment