

Triathlon Training #101

What is this program?

Triathlon Training #101 is a program designed for any level triathlete looking for the necessary services and resources to meet their personal goals. This tri-concept program will provide you with:

- #1 Specialty services for triathletes
- #2 Personalized training for all three disciplines
- #3 Community resources to meet all of your triathlon needs

Agility Physical Therapy & Sports Performance is a premier physical therapy clinic in Southwest Michigan providing a number of comprehensive physical therapy and sports performance services.

Who would benefit?

- ✦ Any triathlete from **beginner** to *elite...* from **casual** to *competitive!*
- ✦ If you are trying to finish your first sprint distance event, or to complete an Ironman in record time!
- ✦ If you have had performance or injury problems in the past.
- ✦ If you are looking for the most cutting edge training techniques and services utilized at the professional level.



Specialty services at Agility.

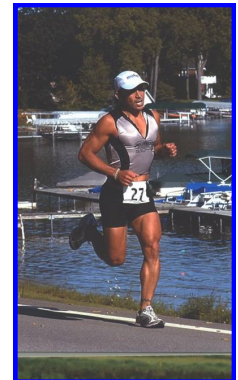
The following specialty services are only available at **Agility Physical Therapy & Sports Performance**:

- 🚴 **Running Gait Evaluation:** Biomechanical and lower quarter assessment utilizing state-of-the-art computer software for slow motion video analysis to provide recommendations on footwear, orthotics and injury prevention techniques.
- 🚴 **Lactate Threshold Testing:** Putting the science into heart rate monitor training for running and cycling with specific zone training recommendations.
- 🚴 **Biomechanical Assessment:** A comprehensive evaluation designed for triathletes and cyclists to provide recommendations on the need for orthotics and/or proper bike position and fit working with the experts at your preferred bike shop.
- 🚴 **Functional Strength Training:** Personalized program development to address the necessary strength and flexibility demands of a triathlete.

Our community partners.

At **Agility Physical Therapy & Sports Performance**, we have built our success on developing strong relationships in the community:

- 🚴 Personal Coaching & Performance Training: Athletic Mentors (www.athleticmentors.com)
- 🚴 On-line Personal Coaching: USA Triathlon Certified Coach Tom Trout (www.tomtroutcoaching.com)
- 🚴 Metabolic (VO2 Max) Testing: In the Zone Training (www.inthezone.com)
- 🚴 Customized Running and Cycling Orthotics: Biocorrect® Custom Orthotics Laboratory (www.biocorrect.com)
- 🚴 Running Shoe Store: Gazelle Sports (www.gazellesports.com)
- 🚴 Bicycle Shops:
 - Alfred E. Bicycles (Kalamazoo)
 - Breakaway Bicycles (Portage)
 - Custer Cycle (Augusta)



Our guarantee.

To provide each individual with the most comprehensive services available in all of Southwest Michigan. Being athletes ourselves, we understand the demands of high level activities and have the training and experience to get you to the “finish line.”

We are committed to providing services that are the most current and evidence-based. Furthermore, we have built relationships with our community partners that are the leaders in their field.

Contact us.

For additional information or to schedule an appointment for any of our specialty services, please call our office during normal business hours at:

For more information about any of our

Portage Office: 269.329.0934
Kalamazoo Office: 269.375-4737

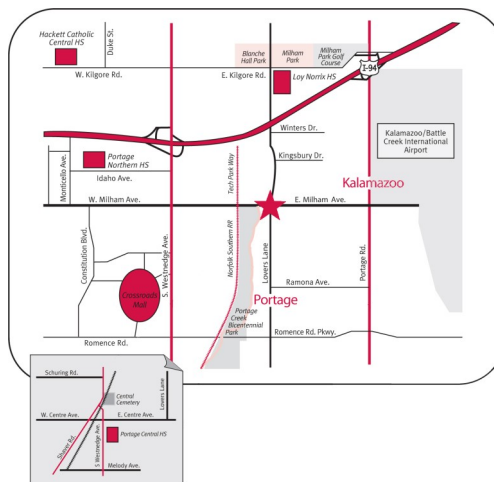
physical therapy or sports performance services, you can visit our website at www.agilitysportsmedicine.com



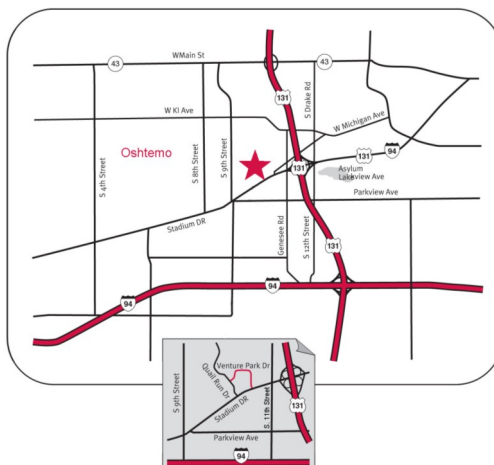
Our locations.

We have two convenient locations now to serve the Southwest Michigan area.

PORTAGE: 6106 Lovers Lane, Suite 3 (49002)
Located on the southwest corner of E. Milham Ave. and Lovers Lane. The parking lot entrance is off Lovers Lane.



KALAMAZOO: 5886 Venture Park (49009)
Located off Stadium Dr. west of US-131 behind DeNooyer Chevrolet. White brick building with a blue roof.



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From Swim to Finish



**“specialty services designed
for any triathlete to get you to
the finish line!”**

Agility An Agility Health® Partner
Physical Therapy & Sports Performance 

**Agility Physical Therapy &
Sports Performance, LLC**