

USA Cycling CEU Opportunity

What: The Science of Interval Training for the Endurance Athlete

Who: Stephen McGregor, PhD, Eastern Michigan University and Peaks Coaching Group

When: May 26 from 7 to 8:30pm

Where: SpringHill Suites Hotel, 1800 Yale Avenue, Seattle, WA

Cost: USAC Coaches \$49

USAC Members \$59

Others \$79

Sign up through the USA Cycling website using the MYUSACYCLING function.

USAC CEU Value: 0.25 (premium seminar)

Stephen McGregor, PhD, will be speaking on “The Art & Science of Interval Training for Endurance Athletes” on May 26 from 7 to 8:30pm in Seattle, WA. Dr. McGregor will be demystifying interval training through a blend of science and the artful application to training. Interval training confuses many racers and coaches. Dr. McGregor will offer his thoughts on how interval training should be structured to improve VO2max and lactate threshold power and/or velocity; both are critical factors in performing well in endurance events. The presentation is appropriate for coaches of endurance athletes (cyclists, triathletes, runners, etc) and endurance athletes seeking to improve their understanding of training.

In addition to being a professor and the Director of the Applied Physiology Lab at Eastern Michigan University, Dr. McGregor is a USA Cycling level 2 certified coach who works with PeaksCoachingGroup.



USA CYCLING

USA Cycling

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USA Cycling

Coaching Education

▶ The Art & Science of Interval Training for Endurance Athletes



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More Information



Stephen McGregor, PhD, Eastern Michigan University is also a level 2 USA Cycling coach and works with PeaksCoaching-

Group.

Among his many research topics include studying interval training.

From his research and knowledge of sport science, Dr. McGregor offers coaches and athletes the scientific background for interval training.

The session will look at the underpinnings of VO2max and lactate threshold and include training that will improve these critical determinants of performance.

The information offered is suitable for any endurance athlete regardless of the athlete's sport. However, the seminar will focus in cycling, running and triathlon.

Meeting Location

The SpringHill Suites is located at 1800 Yale Avenue in downtown Seattle. For more information, please contact the hotel directly at 206.254.0500.



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