

カウンセリング COUNSELING

Coaching of Cycling Personal Training

Physical Training and Intake diet

【COUNSELING】

Coaching of Cycling / Personal Training

[Cycling Lectures and Practice]

Lessons on riding techniques / Road training

Training of increasing the speed and Practice / Maximum cruising speed AT(LT)

Anatomical Adaptation / Power training / Endurance training

Tactics also Winning how to

Tricarboxylic acid cycle(Krebs cycle)

AT(Anaerobic Threshold) LT (Lactate Threshold) VT(Ventilation Threshold)

OBLA(Onset of Blood Lactate Accumulation)

[Gym Training]

Endurance Training or Core Stabilization Training / Strengths and Resistance Training

Stretching / Conditioning / PNF (Proprioceptive Neuromuscular Facilitation)

Aiso Cyclist's Training

“Professional” “Amateur” “Underage (U17 U23) Cyclist and Athlete

Review of the basic structure/skeleton of the bicycle as well as lessons on proper offered to those who are serious about their physical wellbeing.

In addition, seriously think about that of body to the everyone.

A new business plans Event Planning Lectur

I will meet a lot question or question

Fee : 5,000円 / 60minute (Reserved) (U17 U23 Flee)

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