

Performance Training/Coaching Now Available At Hand Therapy Plus in Owensboro, KY!!!

***Who is it for?** ANYONE who wants to improve their multi-sport or single-sport (biking, running, swimming, or strengthening) performance and overall health.

***Why do I need a coach?**

One effective way to stay motivated and to develop a solid training plan is to have a coach. A coach will help design your training plan that fits YOUR lifestyle and goals, while helping you through and holding you accountable for your workouts. Everyone needs guidance, support, and direction. In training, we want to know when to go hard, when to go easy and when to take time off. Having a performance coach gives you these benefits. Each coach has his/her own style, his/her own philosophy and motivational techniques. Hand Therapy Plus allows you to communicate with your coach; which workouts you like, which workouts you don't like, how you feel during your workouts. You explain to them your time constraints and goals. It's their job to take all the pieces of the puzzle and make them fit together. Instead of blowing off that important bike workout because you made another commitment, your coach should re-adjust your schedule so you won't miss the important workouts. Your coach will know what workouts to emphasize, when to push you, when to back you off. You should be able to build a good rapport with your coach. If you want a Performance Coach who isn't just churning out programs to athletes of all abilities, Hand Therapy is the place for you. We want your program to be tailored to you!!

***What do we do?** Nobody is the same. Here at Hand Therapy Plus Performance Training, we customize individual workouts to your specific needs and offer top of the line equipment to assist in your training regime. One key factor to improving Performance is continuous bench mark testing. With our computerized indoor cycles, we can graph power outputs, MPH, Cadence, distance travel, and Heart Rate all to find your best cycling paces. Along with this, we offer access to the only Anti-Gravity Treadmill in Kentucky. Plus, Hand Therapy Plus also provides the best out of water swim training simulator on the market. In addition to the excellent equipment, we also help you outside of workouts with nutritional analysis and plans, goal setting, and body composition testing.

Who are we? Hand Therapy Plus currently offers two Performance Trainers: Leslie VanWinkle is a former swimmer for the University of Louisville. During her career she was an NCAA All-American, Olympic Trial Qualifier, World Championship Trial Finalist, and Big East Swimmer of the year. Now actively involved in Triathlons, Leslie recently won the Knoxville Rev3 Olympic distance for the 20-24 age group, and was overall female champion at the 2011 Whitesville Triathlon.

Her Philosophy: Exercising should never have to be considered a "chore". It is something that should be fun, exciting, and rewarding. Having a Performance Coach allows this to happen. There is no such thing as "one size fits all"-we all know that! Triathlon training is no different; each individual athlete has their own things in life to juggle, their own goals, and their own ability levels. Training should be specific to all of these areas. To do so, it is crucial to analyze data of the athlete through repeated

testing of threshold, lactate, aerobic capacity and much more! Hand Therapy Plus offers something unique and special that cannot be found on a personal level anywhere else in the area.

Chris Zachary: As a former runner for Kentucky Wesleyan, Chris graduated with a degree in Exercise Science. In High School, he was awarded the “king of the road” title with accumulating over 1300 miles from Memorial Day to Halloween. Best times include: 62 min–ten mile, 17:41 5k, 5:00 mile. Chris has competed numerous running races, but now is actively training for triathlons.

His Philosophy: Training is about constantly evolving and changing things to improve yourself. By taking the “guess work” out of training and working with a knowledgeable professional to help you out with “what to do” and “how to do it” then your skills and racing will improve dramatically and you will have goals you had only dreamed of before!

For More information about prices, our trainers, or equipment contact us and ask for Chris or Leslie:

Hand Therapy Plus: 270-926-2212

Located at 3221 Frederica St. – Owensboro, KY 42301