

Endurance Sports Program

Exercise physiologists from Shands Rehab Centers have developed this program to help those interested in competing in cycling events, marathons and triathlons train more effectively. Program components include everything to help the athlete perform to their highest level.

Initial Visit - \$250

- Initial consultation
- Lactate threshold test and interpretation
- Determination of season goals and race plan

Monthly program - \$125

- Custom, periodized 4-week training program
- Racing strategy
- Weekly one-on-one training sessions
- Training schedule prep
- E-mail support

Other services

- Custom bike fit (\$100)
- Pedal analysis (\$150)
- VO2max testing (\$125)
- Lactate threshold testing (\$150)
- Body composition analysis (\$20)
- Resting metabolic rate test (\$50)
- Sports psychology consultation (\$85)
- Sports nutrition consultation (\$80)
- Off-site analysis/coaching at outside venue (\$100, includes travel time)

Additional information

For more information about the program coordinator or UF Sports Performance Center, please view the other side.

For more information about cycling training available through UF Sports Performance Center please read the article about Triathlete Friderike Wilde in the July/August 2006 edition of Adventure Healthy Living Magazine at www.adventurehlm.com.

UF&Shands
The University Of Florida Health System

Orthopaedics and Sports Medicine Institute
SPORTS PERFORMANCE CENTER



www.ufsportsperformance.com

Program coordinator

Jeff Plasschaert, MS, CSCS

Jeff has more than 5 years of experience in athletics and sports performance as an Exercise Physiologist and Certified Strength and Conditioning Specialist. He has coached and competed in running, cycling and triathlon events for several years, most recently completing the Ironman Germany Triathlon in July 2005.

He graduated from the University of Florida in 1999 with a BS in Exercise and Sport Sciences as an Exercise Physiologist and received a Masters in Sport Management from the University of Florida in 2001. Jeff is a USA Cycling Coach.

UF Sports Performance Center

Our experienced professionals from the University of Florida Department of Orthopaedics and Physical Medicine and Shands Rehab Centers have developed medically based athletic performance, training and conditioning programs that help athletes of all levels and ages perform at their highest level while instructing them about reducing injuries.

Serious athletes as well as recreational athletes perform at their highest level while reducing the risks of injuries. Programs have been designed so that children and adults can equally benefit from our instruction that concentrates on performance improvement and injury prevention and reduction.

Our team of professionals consists of sport medicine physicians, certified athletic trainers, clinical psychologists, biomechanists, physical therapists, registered dietitians, exercise physiologists and others who have many years of experience helping athletes of all levels get the most out of their training and performances.

Specific programs have been developed for cyclists, runners, golfers, baseball pitchers, and volleyball players in addition to programs that focus on overall fitness.

All UF Sports Performance Center programs are held at the state-of-the-art UF Orthopaedics and Sports Medicine Institute in Gainesville, FL.

Call us for more information:

Call Shands Rehab Center at UF Orthopaedics and Sports Medicine Institute at 352.273.7004 for more information or to schedule your initial visit.