

# 2-part seminar focuses on training issues for athletes

Alpenglow Sports and Tahoe Peak Endurance is hosting a two-part seminar on heart rate training and sport nutrition on June 18 at 6:30pm.

This is a free community event. Athletes of all ages and types are encouraged to attend.

Part of Adventure Sports Week Tahoe, the seminar will cover what people need to know about heart rate training and how to keep fueled, healthy and recovered for the next adventure.

Each talk will last 30 minutes with question and answer afterward.

Part 1: “Training to the Beat of your Own Heart” with Colleen Conners-Pace.

Part 2: “How to Fuel for your Exercise Regime” with Jill Whisler.

For questions, call (530) 583.6917.