

Finally...training just for women!



only at

MAX
MULTISPORT COACHING

Join now and all of this is included:

- Detailed training program and online log with interactive videos
- Two coached group workouts weekly led by professional, certified coaches
- Training plan for the remaining days of the week
- Guidance on strength and core workouts • Injury prevention and flexibility tips from AthletiCo
- Pace and heart rate training • Discounts to area stores for gear purchases
- Max Multisport dri-fit shirt • Max Multisport water bottle • Luna Sports nutrition samples
- Communication with coaches via email and phone

Ladies, train with us for:

- Chicago Triathlon (Spring and Olympic Distance) on August 30 - 12-week program
- Rock 'n' Roll Half Marathon on August 2 - 8-week program
- No Skirts Allowed Adventure Race on October 10 - 6-week program
- Apple Cider Century on September 27 - 8-week program

Check out our programs and coaches at our FREE information and kick-off party!
8 a.m. Saturday, June 6, at Fleet Feet Lincoln Square

Max Multisport Coaching's mission is to help women of all abilities build confidence and maximize their athletic potential. We provide a welcoming, safe, and supportive environment for women of all ages, sizes, and abilities.

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Sign up at www.maxmultisport.com or call 773.832.1335