

# Cayuga Coaching

## FREE Lecture Series

### 7 Tips to Cross Train like an Endurance Athlete

July 12, 2018

7:00pm—8:00pm IHF Third Floor

**Adrian Western, MS, ATC**  
*Exercise Physiologist and  
USAT Level 1 Coach*

- Learn how to run faster, bike longer and swim better
- Optimize your strength and maintain your fitness year-round



To RSVP contact Cayuga Coaching Program Coordinator  
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A Collaborative Partner of Cayuga Medical Center



