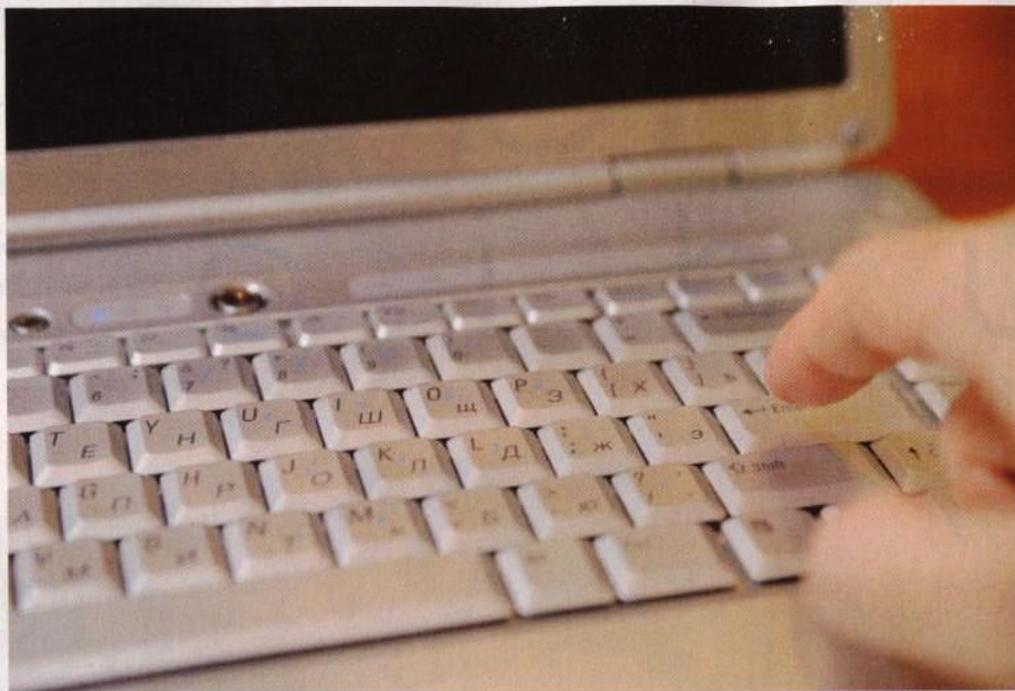


# HEALTH & FITNESS

S P O R T S M A G A Z I N E

section 2 fitness & exercise

TRAINING



## CYBER TRAINING

You may not ride like Lance Armstrong, but advice from Chris Carmichael, his long time coach, is at your fingertips thanks to the explosion in online personal training.

"Carmichael training systems does a ton of online training," explains Bob Talamini, a personal trainer at the *Houstonian*. "I can only keep a certain number of online clients with my other work, but since I started using the Internet about 10 years ago, the demand has increased. My guess is that as the economy suffers, online training will increase. Prices go from \$40 a month up to \$200 depending on the depth of the program and the amount of contact the

athlete wants to have. This is much more economical than the \$75 to \$125 per hour conventional training will cost."

Annabelle Landa, a sports performance coach at the *Houstonian*, says she started using online training after completing her first Ironman triathlon.

"I needed a coach to help me with a plan, so after I finished my race I realized I could offer the service to the clients I trained," Landa says. "I train people with different goals and fitness levels. From the executive who travels often and needs a basic fitness routine, to the athlete training for a 10K or half Ironman needing a schedule and strength routine."

Most often, people who are looking for online training do not need a lot of one-on-one attention.

"Most of the people I train are endurance athletes who know how to do their sport, but don't know the best way to organize their workouts," Talamini says. "I suggest workout intensities, durations and mode. Feedback by the athletes dictates my suggestions. It's a great way to connect with people who are out of the state or country."

"I meet the athlete for an initial evaluation to get personal information, goals and fitness routines, then everything else is done online," says Landa. "The athlete can choose to meet with me on a monthly basis, talk with me online or simply get the routine/schedule and do it themselves."

—Lisa Malosky