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## Virtual Clinics: A New Approach for 2018 and Beyond

Because of the increasing difficulty for both members and the club coach to consistently attend monthly WMRC meetings, I'd like to try a new approach to the monthly clinics we have traditionally held at the beginning of each meeting. That approach is the *Virtual Clinic*. Virtual Clinics will have 4 primary elements:

1. They will be developed and distributed online via video.
2. Club members will be able to access the videos at any time at the WMRC site. In addition, we will email each video link to all members as they become available.
3. The videos will be brief – no more than 5-minutes in duration.
4. The Virtual Clinic videos will cover a variety of focused and timely topics. Some examples might include:
  - a. Getting Started with TrainingPeaks
  - b. How to Use Training Stress Score (TSS) to Plan and Evaluate Your Training
  - c. How to Use Efficiency Factor (EF) to Gauge Fitness Improvement
  - d. Setting Goals for the Upcoming Season
  - e. Choosing the Best Indoor Trainer
  - f. How to Avoid Overtraining
  - g. Applying the Negative Split to your TTs and Gran Fondos
  - h. How to Warm-Up for a Time Trial and a Crit



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