

Quality workouts and still have a life ...

Contributed by Beth and Eric Atnip
Saturday, 29 July 2006
Last Updated Monday, 12 March 2007

"My husband and I are very busy people. We have to balance school, work, coaching, and training. Before we started training with Smart Sport, we had no set training schedule and ended up overtraining, which hurt our training quality and recovery.

Since we started training with Smart Sport, we have seen an increase in our strength, speed, endurance level, and improved recovery time. We are able to have quality workouts and still have a life outside of triathlon. Allan works with us to fit our training sessions into our busy schedule!!!"

Beth and Eric Atnip, Lexington, KY