



Book your [free consultation](#) today

Kevin:

- 47 yrs old
- Active Family
- Pre- surgery
- Wanted accelerated results



**2<sup>nd</sup> Place in Banff Grand Fondo 3 months post ACL surgery!**



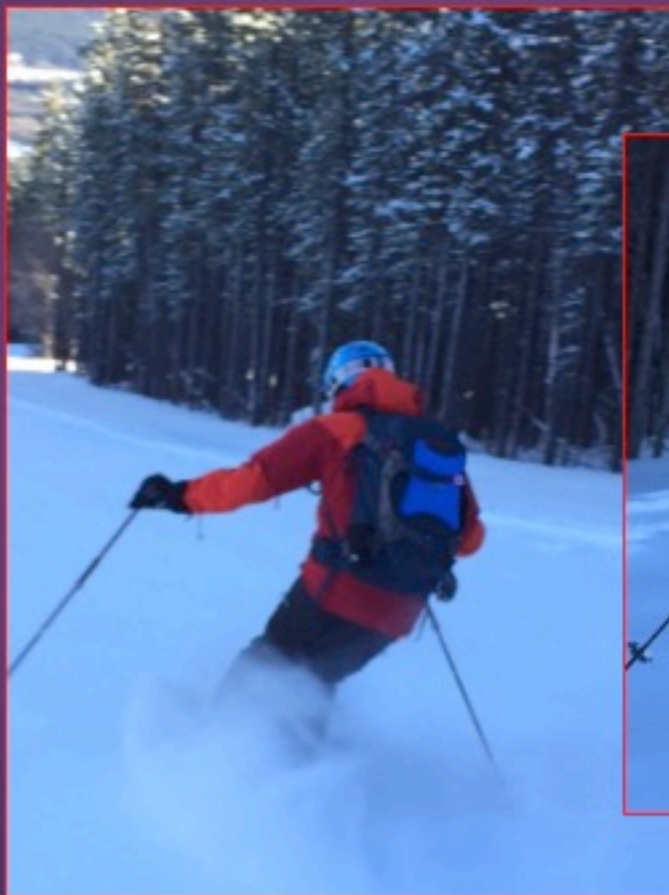
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6 months post surgery at  
Banff Mineral Springs

- @ 6 months post operation passed 6 and 9 months surgeon checkup!

“A bit rusty, but felt great”

- Kevin





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7 months post surgery

“Good tree skiing today.  
Even did a little 10 foot  
drop- felt great.”

- Kevin





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9 months post surgery

“Had tons of fun on the big boards this weekend.”

- Kevin





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11 months post surgery

- This was what we were building up for!
- Big ski getaway with his wife

“Hey Coach. Killed it today. 2200m climbed. Legs held up great in crusty breakable crust...”

- Kevin





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## FAST FORWARD 1.5 YEARS

- 1 x/ week, some rest weeks off
- 1-3 additional sessions on own





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27 months post surgery

- Continuous personal bests
- 5hr 3mins for 164km
- 197 out of 2300 (2017)
- 23 out of 150 (2018), 6<sup>th</sup> place men >50



**Are you living to your full potential?**



**At Tamara J Training we are building the foundation to change your life!**

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