

Nutrition Periodization Handout & Counseling Available to PTC Members

The handout from Dr. Monica Hunsberger's outstanding presentation is available online to PTC Club members. You can log in with the same username and password you use to access the training plans.

Either go to the main website and select "Training Plans and Resources" or just click the link below (you may need to log in):

http://www.pdxtriclub.org/component/option,com_weblinks/catid,24/Item...

Monica also related the following message:

"Nutritional needs are really individual and I'm happy to set up appoints with anyone interested in fine-tuning their needs. My contact information is on the handout and listed below."

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