



TRIATHLON COACH TROY JACOBSON BRINGS INDOOR CYCLING AND ENDURANCE SPORT TRAINING ONLINE VIA ON-DEMAND VIDEO AVAILABLE AT MYPYPELINE.COM

Vancouver, BC / January 16, 2009: Troy Jacobson, considered one of the best coaches in North America for triathletes and endurance athletes, is now available on-demand at mypipeline.com. A leader in sports performance training and coaching, Jacobson's sport and fitness training videos include workouts for cyclists, runners, triathletes and fitness enthusiasts. These videos are now available from the leader in online sports performance training and coaching video – mypipeline.com – OnDemand!

Off Season training for a triathlon can be challenging when schedules and weather don't always cooperate. Recognizing this challenge, Jacobson, an accomplished triathlete himself, has created a series of training programs used by athletes of all levels from around the world. The programs offer something for everyone – whether it's training for a local road ride or an upcoming Ironman.

The videos now available 24x7 on demand at mypipeline.com/coachtroy include the Spinervals, IronGirl and Flexible Warrior workout series', allowing users to train when they want and where they want. Users simply stream a video right to their computer or download a workout to their iPod™ – the choice is entirely theirs. Additionally, mypipeline.com offers free tools that allow athletes to establish and manage a training schedule, including goal setting, creating training calendars, posting blogs and joining or creating community groups specific to sports or geography.

Users can try a free Coach Troy On-Demand Spinervals Workout by using coupon code: #7551DA72. Currently, 28 of Jacobson's popular training video workouts are available. Videos may be rented for 24 hours online or purchased in a high quality on-demand video download.

ABOUT PYPELINE HEALTH INC.

Mypipeline.com is an online gym offering today's best on-demand workouts and complete fitness programs. From six-minute exercise videos to 60-minute training sessions, mypipeline.com has top fitness trainers available 24/7. An affordable, portable health and fitness service, mypipeline.com workouts go anywhere: at home, at work, or on vacation. Workouts can be viewed on demand as a rental or downloaded MP4 and can be combined with MyPipeline's powerful social networking tools for individuals to create their own interest based fitness communities online.

ABOUT TROY JACOBSON

Since he started coaching endurance athletes back in 1992, Troy Jacobson has been widely considered one of the top coaches in the United States for single sport and multisport athletes alike. His success has helped to revolutionize multisport coaching and has brought the profession of 'online coaching' to an unprecedented level of acceptance.

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