

Basic Coaching Service:**Start-Up Phase**

- Review athlete history and goals
- Establish training objectives to meet goals
- Identify personal strengths and weaknesses
- Identify and rank upcoming races
- Design an Annual Training Plan (ATP) (tailored to your work/family schedule)
- Design a periodization program for weights
- Establish heart rate training zones for running and cycling
- Establish pace zones for swimming
- Establish power zones for those with power meters

Service Also Includes

- Custom training schedule e-mailed every 12 weeks
(The athlete has the option of setting up their own account on Trainingpeaks)
- Daily workouts that target duration and intensity
- Weekly goals-to-be-achieved

Focus & Cost:

The basic program is best for the self-motivated athlete who is looking for a structured training program to reach their goals. The cost for this service is \$400 for the first 12-week block (payable in advance) and \$225 per 12-week block, thereafter.

Contact:

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