



Targeted Training for Maximum Results

## Coaching Plan 2.0

This program was designed for any athlete who wants a professional coach to help them meet their goals but requires more contact with their coach on a monthly basis. The 2.0 plan allows for weekly phone contact with Coach Buxton as well as unlimited e-mail contact. If your training situation warrants, the coach can modify your schedule monthly to take into consideration your life and schedule. Coaching Plan 2.0 is highly flexible.

With the 2.0 coaching plan, Coach Buxton will be able to analyze your performance files on a weekly basis. The coach will analyze your data using state of the art coaching technology and resources such as: Trainingpeaks.com, Power Files, HR, WKO+, GPS, and more!

With your package, you can pick one of the TrainingBible Coaching Featured Races where you will have a full team of support at the race including coaches, mechanics, nutrition, etc.

No contract required with this plan. 30 day notice stops this plan.

### Cost:

\$300/month plus \$250 initial start-up fee

### Contact:

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