



Targeted Training for Maximum Results

Coaching Plan 3.0

This is for athlete that demands top quality coaching as well as extreme personal service. Coach Buxton will check in with you weekly. In addition, you have the ability to initiate contact with the coach as needed for schedule modifications and questions. At your one-day personal camp*, you will get one-on-one attention to start your training. From information gathered at this camp, Coach Buxton will design a totally customized schedule for you.

You will receive a VO2 Max test as well as bike fit at discounted rates in addition to a gait and structural analyses. Coach Buxton will then work with you towards your goals using state-of-the-art coaching technology and resources, such as Trainingpeaks.com, WKO+, Power Files, GPS, VO2 Max testing and more! Coach Buxton recommends that you train with technology. With the 3.0 plan the coach has the ability to review your performance files on a regular basis. Your schedule will be totally customized for you and your life.

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.

**Travel and accommodations are at the athlete's expense.*

Cost:

\$500/month plus \$250 initial start-up fee

Contact:

Web site: www.coachbuxton.com
E-mail: Karen@coachbuxton.com
Phone: 336-643-9386