

Coaching Plan 4.0

This program was designed for athletes who expect the highest quality of coaching and service. With this plan you have all of Coach Buxton's TrainingBible Coaching resources at your disposal. You will have the ability to get daily feedback from the coach to ensure that every workout you do is as effective as possible. Coach communication privileges are unlimited – feel free to call or email Coach Buxton whenever you would like.

Your coaching experience will start with a 2-day personal camp with Coach Buxton (*travel and accommodations are at the athlete's expense*). This time is spent so the coach can get a full technical view of your needs and where you will be starting your program.

Your 2-day coach camp will consist of:

- Free bike fit
- VO2 max test
- Structural and gait analysis
- Video analysis – at least two sports, including critiques and evaluations
- Free WKO+ analysis software
- Race support

Coach Buxton will then work with you towards your goals using state of the art coaching technology and resources, such as: Trainingpeaks.com, Power Files, GPS, VO2 Max testing and more! Your schedule will be totally customized for you and your life.

Included in this package is one coach-supported race. You choose which race you would like the full attention of the coach. The race must be in the contiguous United States.

With the 4.0 Plan, you have free access to any of the TrainingBible Coaching Camps or Clinics. Just let Coach Buxton know what you will be attending and any fees are waived.

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

Cost:

\$900/month plus \$250 initial start-up fee

Contact:

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