

Intensive One-On-One 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

- Detailed custom training schedules posted every two weeks
- Daily workouts that target duration and intensity
- Weekly goals-to-be-achieved
- Access to www.trainingpeaks.com where all workouts are posted
- Access to the Trainingpeak's message board
- Frequent review of your training log entries
- Frequent and regular contact via email and phone
- Unlimited adjustments to daily and weekly plans and the ATP, as required

Focus & Cost:

I limit my number of one-on-one clients so that I can provide prompt and thoughtful personal attention to each. This program is intensive and highly focused and costs \$350 per 4-week block, plus long distance phone charges and an initial start-up fee of \$250.

Contact:

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