

# TOQUE COACHING

## Private Coaching Plans

My main goal is to....	Improve fitness, race craft & mental focus
Fitness Plan	Designed Monthly & updated weekly
1-on-1 Weekly Communication	Unlimited email / phone ( <i>usually a weekly 30min call</i> )
Initial Nutrition Consultation	Yes
On-going Plant-based Nutrition Consulting	Yes
Strength Program	Yes
Heart Rate data analysis	Yes
Power data analysis	Yes
Race coaching	Yes
Skills Courses	Yes (1 free session per month if space is available)
Training Peaks account	Premium

3-month Program	
Duration	3-month minimum
<b>Price/Month</b>	<b>\$250</b>
Start Up Cost	<b>\$600</b>
<ul style="list-style-type: none"> <li>• 2x Fitness Assessment (\$350 value) by <a href="#">Peak Centre</a> (Initial Assessment + 3 month follow-up)</li> <li>• 2x Functional Movement Assessment (\$210 value) by <a href="#">Kinesiology with Majo</a> (Initial + Follow-up)</li> </ul>	
<b>Total Cost</b>	<b>\$1350</b>

6-month Program	
Duration	6-month minimum
<b>Price/Month</b>	<b>\$250</b>
Start Up Cost	<b>\$600</b>
<ul style="list-style-type: none"> <li>• 3x Fitness Assessment (\$350 value) by <a href="#">Peak Centre</a> (Initial + 3 month &amp; 6 month assessment)</li> <li>• 2x Functional Movement Assessment (\$210 value) by <a href="#">Kinesiology with Majo</a> (Initial + Follow-up)</li> </ul>	
<b>Total Cost</b>	<b>\$2100</b>

Contact Ben Chaddock via email: [toquecoach@gmail.com](mailto:toquecoach@gmail.com) to learn more.

