




Toque Coaching		
Choose a level of support	Silver	Gold
I wish to ...	Improve self-care routine, build fitness, and participate in a mass-start event.	Develop fitness, racing skills, and participate in competitive events.
I have access to a ...		
Bike Computer (Garmin/Wahoo)	Yes	Yes
Heart Rate Monitor (blue tooth preferred)	Yes	Yes
Power Meter (crank-based preferred)	Yes	Yes
Daily Metrics (HRV4 App or Whoop)	Preferred	Yes
I can commit to a minimum partnership of ...	4 months	12 months

Services:		
Weekly Communication	30-minute call	Unlimited
Fitness Plan, including the following: <ul style="list-style-type: none"> • Physiology Test (INSCYD, or Metabolic Cart) • Training Analysis (WKO5, XERT, INTERVALS.ICU) • Integrated Sports Team referrals And using a coach-paid Training Peaks Account and an athlete-paid XERT account	Yes	Yes
Physiological Testing is provided by, using either: <div style="text-align: center;">  </div> <ul style="list-style-type: none"> • INSCYD (at-home, power meter required) • Lab Test (Revelstoke*, Metabolic cart & Moxy) 	Recommended View Pricing Contact Us	2 tests included (\$850 value)
Progress Report	Yes, every 3 months	Yes, every 3 months.

*Metabolic testing @ Vancouver or alternative location to be arranged on case-by-case basis.

When possible, riding together is always preferred and I aim to ride with you throughout the season as our schedules allow. I am also available to instruct skills clinics and attend notable events on your calendar.

Prices:		
Silver 4-month Package	\$399/month	
Gold 12-month Package	Upgrade after 4 months ->	\$599/month
U23 Discount		\$349/month
Startup Fee		\$250

Invoices are facilitated by Quickbooks and scheduled for the 20th and due the 1st of month. E-transfer preferred.

Contact Ben Chaddock via email: toquecoach@gmail.com to learn more.