

CUSTOM TRAINING PLANS

Packages:	Silver	Gold
I wish to ...	Improve self-care routine, build fitness, and participate in a mass-start event.	Develop fitness, and 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)	Preferred	Yes
I can commit to a minimum partnership of ...	4 months	6 months

Services:	Silver	Gold
Weekly Communication	30-minute call	Unlimited
In-Person Coaching <i>Riding together is always preferred; I aim to ride with you throughout the season as our schedules allow. I often facilitate a weekend endurance ride that you can join from Oct 1 - March 1.</i>	Case by Case Basis + Join our winter group rides	1x Scheduled Ride per month (Lower Mainland/Sea2Sky only)
Individualized Training Plan using INSCYD Test Analysis (or metabolic cart test in traveling to Revelstoke). Facilitated by a coach-paid TrainingPeaks premium account, and monitored by an athlete-paid Xert account, and other tools including Intervals.ICU and WK05 Referrals to Integrated Sports Team available by need	Yes	Yes
Physiological Testing is provided by using the at-home INSCYD PROTOCOL (power meter required)	1-year of Unlimited INSCYD testing included in Start-up Fee	1-year of Unlimited INSCYD testing included



Alternatively, athletes can travel to Revelstoke, BC to complete a comprehensive metabolic test to learn more about their physiology, as well as muscle oxygen saturation, and respiration training.

Prices:	Silver	Gold
Startup Fee	\$420	\$0
Monthly Fee	\$399/month	\$599/month

Quickbooks facilitates invoices, scheduled for the 20th and due the 1st of the month, by e-transfer.