

# EliteVelo CYCLE COACHING

Coaching Package Details:	Monthly HR £55 monthly	Weekly HR £90 monthly	Monthly POWER £65 monthly	Weekly POWER £110 monthly
Initial Performance Analysis	Lab Based Lactate Profile + Maximal Aerobic Power Testing*			
Initial Rider Profiling	Full Initial Consultation and Lifestyle Audit			
Initial Rider Health Screening	Full Medical Health Questionnaire and Cardiovascular Assessment			
Annual Training Plan	Based on Initial Consultation and Performance Analysis			
Personalised Training Zones	Based on Heart Rate & RPE		Based on Power, Heart Rate & RPE	
Training Prescription	Monthly	Weekly	Monthly	Weekly
Training Feedback inc Training Goals	Monthly	Weekly	Monthly	Weekly
Communication	30 mins/month	30 mins/week	30 mins/month	30 mins/week
Training Peaks User Account	Basic**	Basic**	Basic**	Basic**
Smart Phone App	Yes	Yes	Yes	Yes
Training File Analysis	Yes	Yes	Power Analysis	Power Analysis
Nutritional Analysis	Food diary analysis and recommendations at commencement of programme***			
Strength and Conditioning	Cycling Specific Routine and Advice Provided			
Additional Notes:	*Additional charges apply for Initial Performance Analysis (£70)			
	**Upgrade available please discuss with your eliteVELO cycling coach			
	***Additional Nutritional Analysis and Feedback charged at £25			

**Individual & Group Coaching:** Intensive coaching can be organised to develop race craft, technical skills, confidence and group riding. Video analysis can also be arranged to support rider development. Prices start from £30/hour.