



Gold

The perfect stepping-stone to your goals, The Gold Package includes a fully customized training schedule to match your season goals as well as your life. Also includes regular group training rides and e-mail/phone contact to refine your program. We also offer baseline and quarterly physiological testing, event specific resistance training program, and a comprehensive bike set up consultation. On top of that we throw in discounts on training camps and equipment to try and give you the best experience possible. This is the way to go if you want to get good fast!

Gold Training Program Includes:

- Comprehensive Annual Training Plan tailored to your season goals and schedule
- Customized Annual and Monthly Training Program including weekly goals.
- Regular Group Training Rides.
- Baseline and up to 3 additional Lactate Threshold Tests per year
- Each days workout delivered via email and logged by you online
- Athlete membership to our online training center – TrainingPeaks.com
- Initial rider evaluation & interview – 1 hour
- Initial rider position assessment w/ video analysis – 1 hour
- Weekly athlete contact with coach to refine and modify program as needed
- 1 private ride with Team Coach per month*
- Additional Discounts for individual testing, rides, race support etc...

Monthly Fee: \$250.00

Annual Paid-In-Full: \$2800.00

*We reserve the right to combine individual rides with other Gold Level members in the interest of efficiency

Sample Program:

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bike 12:30 Plan Dist 0 Act. Dist 0 Hours 0 Sched 12:30 ATF 15:00 Build 1 - week 1	1/30/2006 Log Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. Workout 2 Day Off None Actively focus on recovery today: 1)	1/31/2006 Log Workout 1 Bike 2:00 H1b Hill Reps: After a good 30 minute warm up find a 6-8% climb and do 3-8 reps of 90 seconds each. Stay seated @ 60-70rpm for the first 60 seconds (building to 5b), then stand, shift to a higher (easier) gear and sprint to the top (over 5s). 4 minutes recovery between efforts. If your HR won't come up after three attempts YOU ARE DONE FOR THE DAY!	2/1/2006 Log Workout 1 on a flat course or indoors do the following: 6 - 9 intervals of 10 minutes each. Start with 10 minutes the first time and add 1 minute extra interval each week up to a total of 90 minutes. Start your time as soon as you begin pedaling hard and build from Zone 4 - 5a over the course of the interval. Recover for 4:00 minutes between intervals. Keep	2/2/2006 Log Workout 1 Bike 3:00 E1a Moderate Effort Seated: 3 - 4.5 hours on a rolling course with your HR in Zone 2 mostly (not over the top of Zone 3). Ride your big chain ring and try to maintain 90 - 105 rpm on the flats and ~70rpm on climbs, but beware that HR may rise as you work the lower rpm. Default to the HR guidelines in this case and shift down. If you can get 3+	2/3/2006 Log Workout 1 Day Off None Actively focus on recovery today: 1) stay off of legs all you can, 2) watch nutrition closely (healthy carbs, lean protein, and good fats), 3) stretch, and 4) drink plenty of fluids. Other common recovery aids include massage, napping, elevating legs, floating in water, and listening to music. Add Workout 2	2/4/2006 Log Workout 1 Bike 3:00 NM1a on a flat course or indoors do the following: 6 - 9 intervals of 10 minutes each. Start with 10 minutes the first time and add 1 minute extra interval each week up to a total of 90 minutes. Start your time as soon as you begin pedaling hard and build from Zone 4 - 5a over the course of the interval. Recover for 7:00 minutes between intervals. Keep	2/5/2006 Log Workout 1 Bike 2:00 AE1a on a flat course or indoors do the following: 6 - 9 intervals of 10 minutes each. Start with 10 minutes the first time and add 1 minute extra interval each week up to a total of 90 minutes. Start your time as soon as you begin pedaling hard and build from Zone 4 - 5a over the course of the interval. Recover for 7:00 minutes between intervals. Keep

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