

## COACHING PROGRAM LEVELS:

### STERLING Training Program:

- Comprehensive Annual Training Plan tailored to your season goals and schedule
- Customized Monthly Training Program including weekly goals.
- Use of a Power Tap System for the duration of your coaching agreement
- Weekly Private Training Ride with Coach
- Weekly Phone/In Person Consultation with Coach
- Regular Group Training Rides.
- Baseline and up to 6 additional Lactate Threshold or other Performance Tests per year
- Each days workout delivered via email and logged by you online
- Athlete membership to our online training center – TrainingPeaks.com
- Comprehensive Rider Evaluation & Interview Lunch – 2 hours
- Comprehensive Position assessment w/ video analysis and ride – 2 hours
- Substantial Discounts for any additional testing, rides, race support etc...
- Complimentary Sterling Team Kit and Equipment Package (sponsored products)

*Monthly Fee: \$500*

*Annual Paid-In-Full: \$5500*

### Gold Training Program:

- 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*

*Annual Paid-In-Full: \$2800*

### Silver Training Program:

- Annual Training Plan created for you.
- Detailed Monthly Training Program including daily workouts tailored to your goals
- Athlete membership to our online training center – TrainingPeaks.com
- Daily workouts delivered via e-mail
- Track your progress with training sessions logged by you online!
- Join us for regular group workouts
- Initial rider evaluation, interview, and position assessment
- Up to 2 hours per month of athlete initiated contact with coach
- Baseline Lactate Threshold determination
- Discounts on Performance Testing, Private Rides, Race Support, Camps and clinics.

*Monthly Fee: \$150*

*Annual Paid-In-Full: \$1700*

### Bronze Training Program:

- Pre Built Training Programs Designed to meet your goals
- Choose Heart Rate of Watts Based Programs for Road, Criterium, MTB, CX, and Track
- 8 – 12 weeks of structured training at a great price!
- 10% Discount on Physiological Testing, position assessment, and other services

*Cost: \$50 – 90 per plan*

*\*We reserve the right to combine individual rides with other one-on-one program team members in the interest of efficiency*

*\*\*Please schedule additional services at least two weeks in advance*