



PERSONAL COACHING

PERSONAL COACHING is perfect for the athlete desiring personalized coaching built around his or her individual needs, availability, and goals to achieve maximum results. With this program, you will develop a personal relationship with an expert coach who will oversee your complete training development. Your personal coach will guide your training using:

- > Custom Online Training Plan
- > Unlimited Coach Contact
- > Monthly Face-To-Face Consult
- > Access to Weekly Group Coaching
 - * See Schedule Below
- > Access to EF Training Center
 - * Endless Pool, Stationary Cycling Trainers & Rollers, Strength & Cardio Equip, Power Based Training
- > Pre and Post Race Phone Consult
- > Team Exclusive Training Materials
 - * Videos, Handouts, Race Strategy, Etc
- > Access to Team Section on EF Website
- > Team & Coach Support at Races
- > Service Discount
 - * Private Sessions, Training Camps
- > Product Discounts
 - * Wheels, Wetsuits, Power Meters, Etc

GROUP COACHING Starts Feb 8, 2010

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	"LONG" RUN Varying Locations 7 AM		RUN Byrd Middle School 6 AM	STRENGTH Endorphin Fitness 6 AM	BIKE Endorphin Fitness 6 AM	RIVER SWIM Huguenot Flatwater 6 AM	"LONG" BIKE Varying Locations 8 AM
PM		STRENGTH Endorphin Fitness 6:15 PM					