

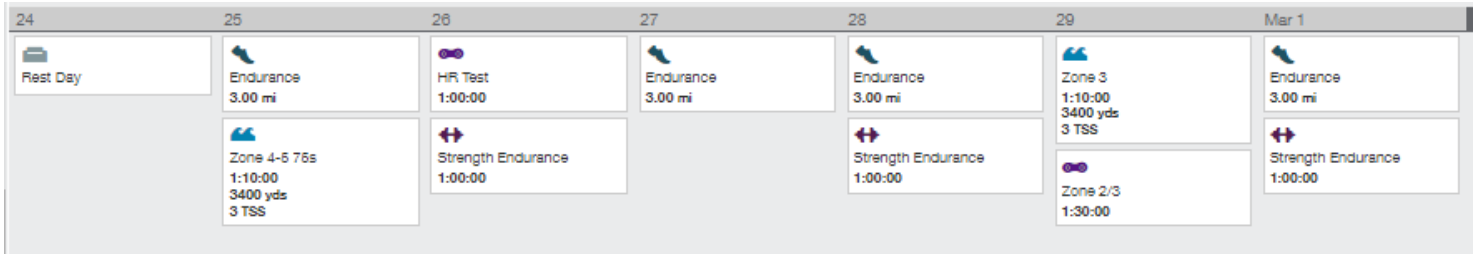


# ONLINE COACHING OVERVIEW

Online coaching brings an expert coach to you - wherever you live! We use advanced technology, video, extraordinary detail, and superior communication to ensure you have the support and expertise to reach your goals. Below is an overview of how it works...

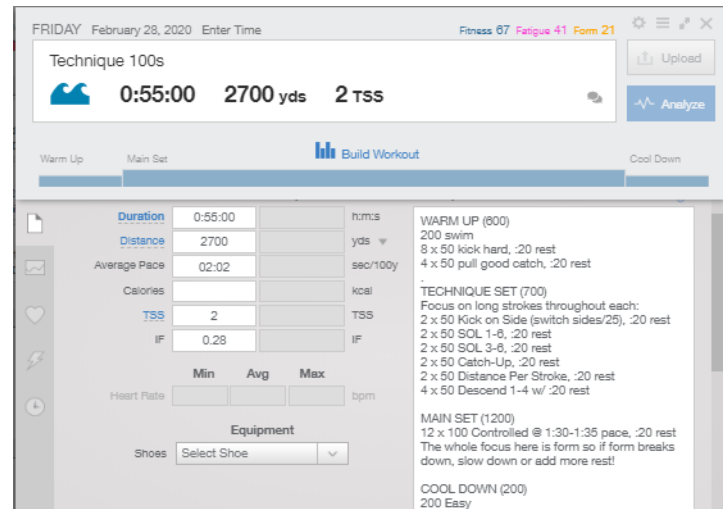
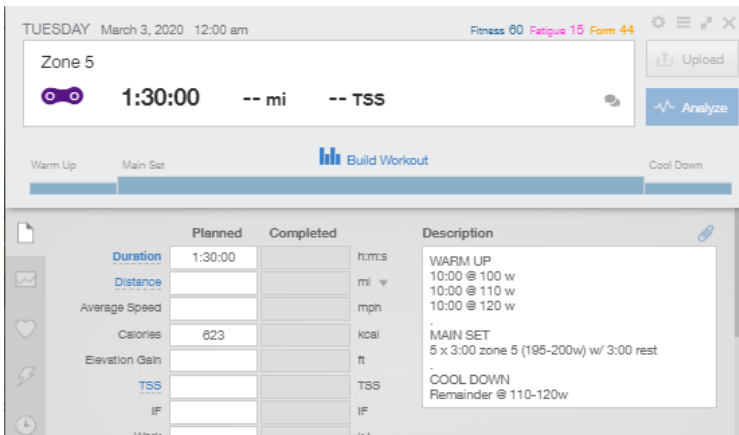
## WEEK SUMMARY

After talking through your goals, schedules, and needs, we use our extensive expertise to build a custom daily training plan for you which is modified daily based on your needs (\*group package is not customized for individual). Below is a sample week layout - click on each to get more detail.



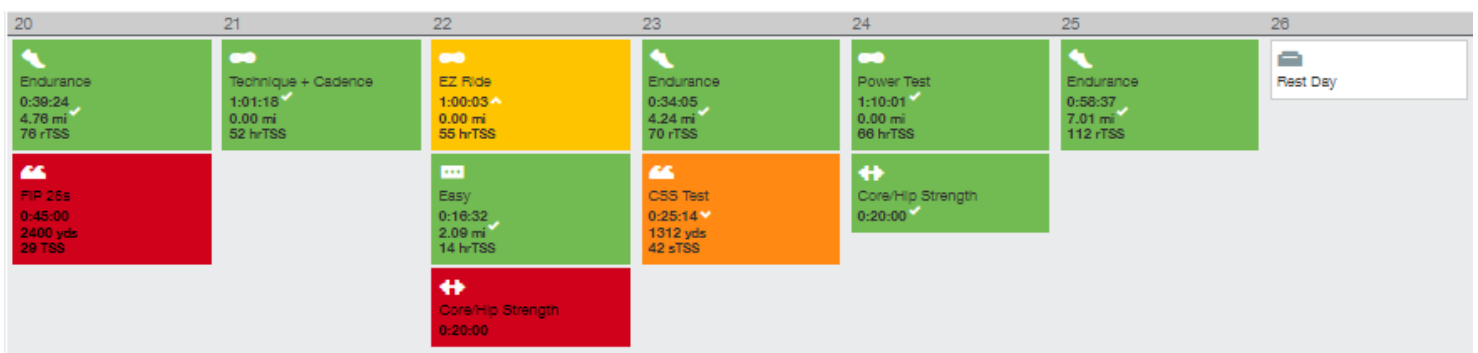
## DETAILED WORKOUT DESCRIPTIONS

Click on individual workouts to find a detailed description of that workout. We leave nothing to your imagination! Personal Plus & Platinum packages include specific pace, heart rate, and/or wattage goals whereas Group & Personal packages give general zone recommendations (i.e. "zone 4").



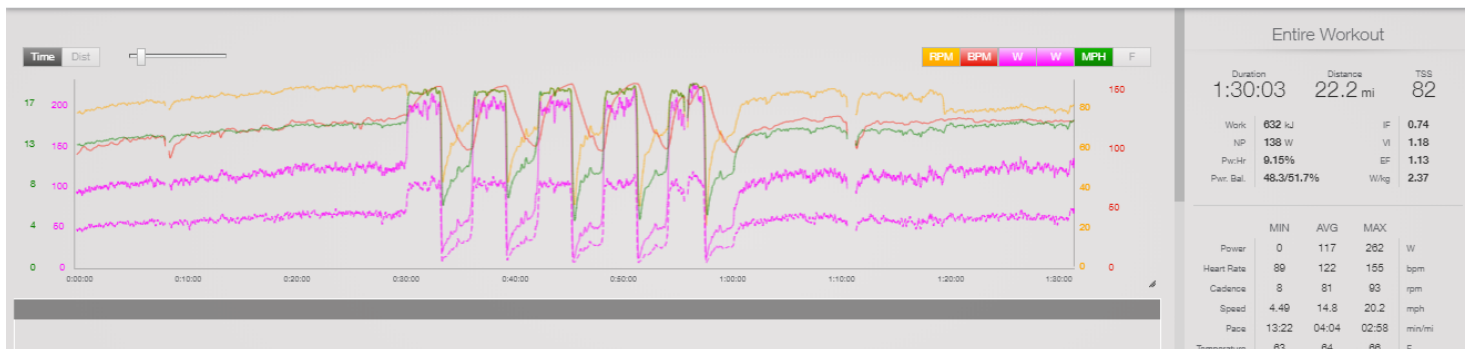
## COMPLETED WEEK

As you complete workouts, it is clearly visible on your plan. Green means completed, red not completed, and yellow/orange are partially completed (% completed dictates shade).



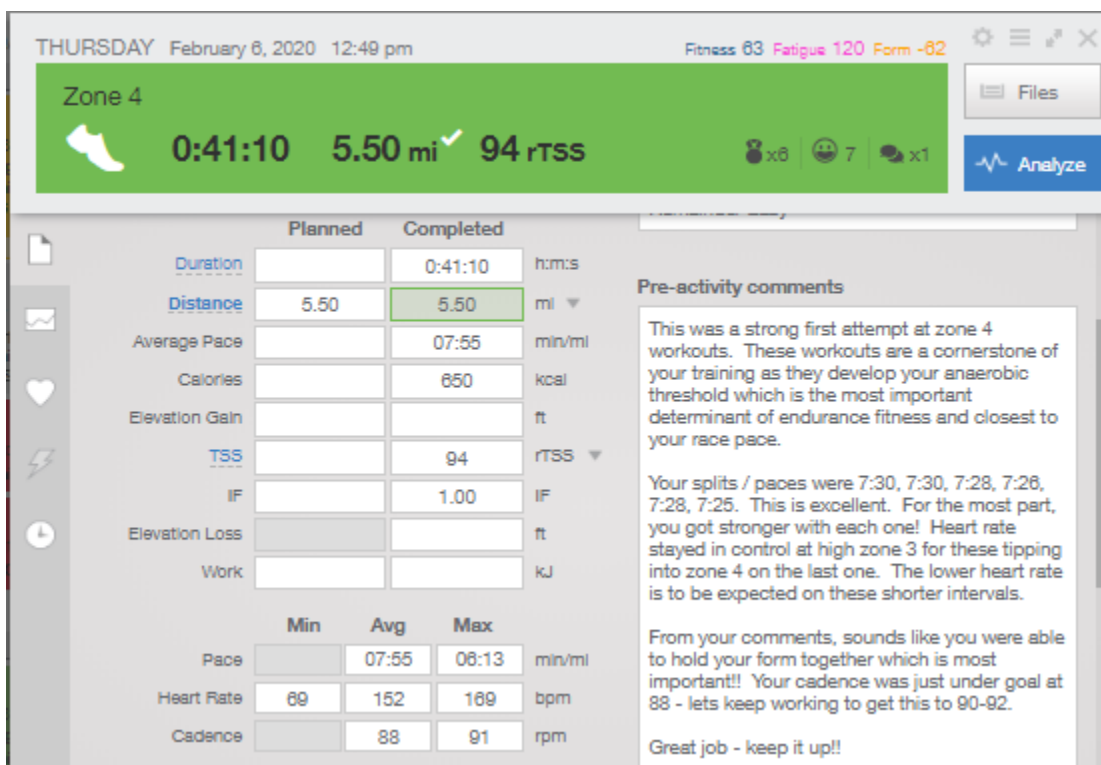
## EXPERT DATA ANALYSIS

After each workout, you will upload Garmin / Ant+ files for your coach to analyze. Below, we see a bike file showing heart rate, power, cadence, and mph. This gives the coach a full picture of the workout. In the example below, the coach can see the person not only hit the goal but how they did it. On the first interval, he struggled to find the right intensity, nailed it on #2 & 3, built on #4, and struggled mid interval on #5. The coach can see how heart rate responded and how the right vs left leg performed.



## DETAILED COACH FEEDBACK

After workouts, your coach analyzes the data file and reads your comments. Then, he/she will respond with detailed feedback. This comes daily for personal plus & platinum and weekly for group & personal.



## ADDITIONAL COMMUNICATIONS

In addition to the extraordinary communication on the training plan platform, your coach will also be available through phone / email and initiate much of this communication (group limits phone contact to coach initiated). Local athletes will be encouraged to also do periodic testing and private sessions (additional charge) and video will be used for out-of-town athletes.

