

	"à la carte" cycling coaching package	All-included cycling coaching package
Monthly rate	Starting at 145€ / month Add any option to build up your own coaching plan !	385 € / month
Set up fee	80€	✓
Physiological assessment of training zones (power / HR)	✓	✓
Weekly training plan	sent by email	Sent by email and detailed workouts included sent on your device (subject to device compatibility)
Weekly training analysis and feedback	✓	Thorough data analysis of each session, training load and recovery
Communication with coach	Unlimited emails and 1hr phone call every month	Unlimited emails with 48hr reply and 1 hours on the phone every other week
Adjustment frequency	2 / month	Unlimited
Hydration	optional	detailed hydration strategy and recipes
Nutrition	optional	physiological assessment, detailed meal plans and recipes on and off the bike
Cycling skills	optional	Assessment and specific exercises to improve cycling skills
Position on the bike	advices based on in-person or video	advices based on in-person or video
Core training and strength conditioning	optional	Detailed workouts based on the specific needs of the athlete
Mental skills training	optional	Goal setting and mental skills practices included
Mobility, joints and muscle health	optional	Mobility, stretching and yoga sessions, optional 1hr personal private online yoga class (50€/class)
Sleep and stress management	optional	Analysis, feedback and tools to mitigate stress response and improve sleep patterns
Breathing technique and training	optional	Breathing techniques and workouts included to improve VO2max
For women ! Adaptation to the specificity of female physiology	optional	Workouts, nutrition and recovery tailored made to fit your menstrual cycle
Discount on training camps or partners	✓	✓