



1-2-1 Monthly Coaching

Every athlete is different and requires their own specific needs. With 1-2-1 monthly coaching I'll help you to achieve your goal.

With this plan you'll receive an individualised, bespoke weekly training plan which is based around your abilities and time constraints.

You'll also receive the following:

- Periodised training phase leading towards your main races
- Bespoke weekly training plans
- Goal setting
- S & C Programme
- Weekly contact (phone/email - customer initiate)
- 3 - 4 week rolling programme
- Bike fit guidance
- nutritional advice
- plus 12 month Trainxhale Account