



Group Coaching

Every now and then you and your friends want to share a session. Group coaching enables you to receive near to 1-2-1 coaching but within a small group.

Maximum group size is 3 athletes.

- Any additional athlete will be an additional £10 per person.

The type of session covered is purely down to your own choice and can cover areas such as:

- Periodised training phase planning
- Goal setting
- S & C session
- Bike fit guidance
- nutritional advice
- Swim session
- Bike session
- Run session