

TOQUE COACHING

1-on-1 Annual Plan

My main goal is to....	Improve fitness, race craft & mental focus
Fitness Plan	Designed Monthly & updated weekly
1-on-1 Weekly Communication	Unlimited email / phone (<i>usually a weekly 30min call</i>)
Heart Rate data analysis	Yes
Power data analysis	Yes
Race coaching	Yes
Skills Courses	Yes (1 free session per month if space is available)
Training Peaks account	Premium (Coach-Paid)
Nutrition Suggestions	Referral to CSI Pacific Nutritionist (Joanna Irvine – Richmond)
Strength Program	Referral to local CPT (Gina Grain – North Vancouver)
Functional Movement	Referral to Kinesiologist (Majorie Lauzon – Whistler)
Bike Fitting	Referral to West Point Cycles (Andrew Fullerton – Vancouver)

3-month Program	
Duration	3-month minimum commitment
Price/Month	\$250
Start-Up Fee	Waived – instead go see the above referrals!
Total Cost	\$750

Contact Ben Chaddock via email: toquecoach@gmail.com to learn more.



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Skills Clinics

Styles of Session:	Road, Mtn. Bike, Cyclocross, Track Velodrome
Areas for Improvement:	<p>Cornering:</p> <ul style="list-style-type: none">• Wet vs. Dry conditions• Tight vs Open• Group Cornering• Descending <p>Group Riding</p> <ul style="list-style-type: none">• Scanning• Partner Riding• Water Bottle / Feeding• Etiquette <p>Racing</p> <ul style="list-style-type: none">• Sprinting• Leadouts• Breaking Away• Descending <p>By Request: _____</p>

Skills Clinic	
Duration	60 – 90 minutes
# of Participants	1-8 riders <i>(2-4 riders is preferred)</i>
Total Cost	\$120 / Hour

*All skills clinic participants must hold a valid Cycling BC Membership

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