



**#LOVETHERIDE**

	<b><u>CLUB</u></b>	<b><u>E-RACING</u></b>	<b><u>ELITE</u></b>
<b><u>Overview</u></b>	<p>This option is for you if you want to beat your yesterday. You want to be the best you could be, but don't want to be bogged down with all the data numbers</p> <p>Training Peaks Basic</p> <p>Program is designed on a week-to-week basis taking into consideration your racing schedule, training stress, form and what is happening in your life.</p>	<p>If you love racing on Zwift or any other indoor racing platform and spend most of your time on a smart indoor trainer this coaching program is for you.</p> <p>Training Peaks Basic</p> <p>Program is designed on a week-to-week basis taking into consideration your racing schedule, training stress, form and what is happening in your life.</p>	<p>This option is for you if you are serious about racing. You want to know all the data numbers, have race debriefs and receive regular, in-depth progress reports.</p> <p>Training Peaks Premium (Coach Paid)</p> <p>Program is designed on a week-to-week basis taking into consideration your racing schedule, training stress, form and what is happening in your life.</p>
<b><u>Communication</u></b>	<p>Take-on Zoom meeting</p> <p>WhatsApp, Email, Call - as and when required</p> <p>Report - Quarterly</p>	<p>Take-on Zoom meeting</p> <p>WhatsApp, Email, Training Peaks Comments, Call - as and when required</p> <p>Report - Fortnightly race feedback/comments</p>	<p>Take-on Zoom meeting</p> <p>WhatsApp, Email, Training Peaks Comments, Call - At least once/week</p> <p>Report - In-depth every 8 weeks</p>
<b><u>Equipment Requirements</u></b>	<p>Quality Heart Rate Monitor, preferably a Garmin or Wahoo</p> <p>Strava (not compulsory, but handy)</p>	<p>Quality Heart Rate Monitor, preferably a Garmin or Wahoo</p> <p>Smart indoor trainer</p> <p>Zwift Membership</p>	<p>Quality Heart Rate Monitor, preferably a Garmin or Wahoo</p> <p>Power meter on your primary training and racing bikes</p> <p>Strava (not compulsory, but handy)</p>
<b><u>Cost</u></b>	R890 pm (\$60 pm non-SA residents)	R 990 pm (\$70 pm non-SA residents)	R1490 pm (\$100 pm non-SA residents)