



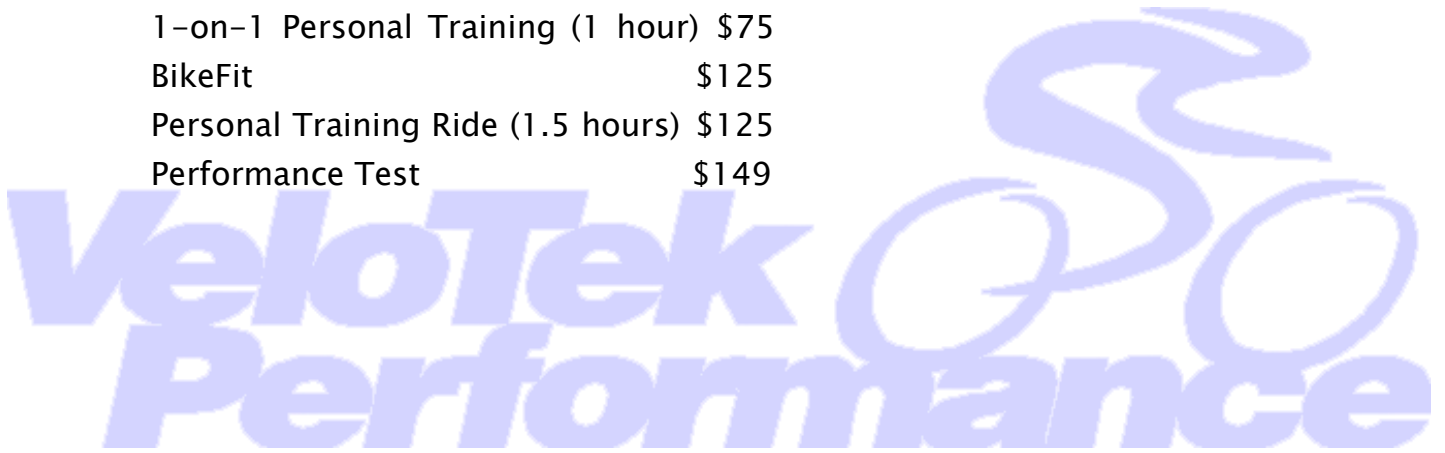
LEVELS OF COACHING

	Elite	Advantage	Professional
Monthly Fee	\$165	\$225	\$299
Start-up (3-hour consultation)	\$150	\$150	\$150
Custom Training Program	Yes	Yes	Yes
Coach Initiated Contact	Monthly	Weekly	Daily or as needed
Athlete Initiated Phone Contact	1 per Week	Unlimited	Unlimited
Athlete Initiated Email Contact	1 per Week	Unlimited	Unlimited
Training Review & Adjustment	Monthly	Weekly	Daily
Training Log Review	Monthly	Weekly	Daily
Custom Strength & Plyometrics Program	No*	Yes	Yes
Goal Setting	Yes	Yes	Yes
Goal Setting Review	Yearly	Quarterly	Monthly
Pre-Race Strategy	No*	Yes	Yes
Post-Race Analyses	No*	Yes	Yes
Season Planning and Periodization	Yes	Yes	Yes
Data Review – Heart Rate	Yes	Required	Required
Data Review – Powermeter	Partial	Yes	Required
Nutritional Advice	Yes	Yes	Yes
Nutritional Consult	Yes	Yes	Yes
Nutritional Review by RD, 3-day recall	No*	Annual	Annual
Sports Psychology Review	No*	Annual	Bi – Annual
Bike Fit	No*	Yes	Yes
Computrainer Performance Test	No*	No*	Yes
Field Testing	Yes	Yes	Yes

*These services may be purchased separately as hourly consulting.

Additional Coaching Services:

Hourly Consulting Rate	\$75
1-on-1 Personal Training (1 hour)	\$75
BikeFit	\$125
Personal Training Ride (1.5 hours)	\$125
Performance Test	\$149



Dear VeloTek Performance Athlete,

VeloTek Performance is excited to offer three levels of coaching service. New or experienced riders who prefer frequent personal contact, the Professional and Advantage levels will further your cycling success – many athletes find daily or weekly contact beneficial. For those on a budget, the Elite plan still provide years of experience to help you achieve your cycling goals. Choose a coaching plan that fits your budget, needs, and ambition:

- VeloTek Performance Professional Coaching is not just for professional cyclists but for the discerning athlete who leaves nothing to chance; includes all aspects of testing and services, with regular reviews and unlimited contact to maximize you're cycling potential.
- VeloTek Performance Advantage Coaching is for the athlete who prefers unlimited coach contact and values the flexibility of weekly training adjustments, but may not require certain services, such as goal setting and nutritional reviews, quite as often.
- VeloTek Performance Elite Coaching is a competitively priced coaching plan for cyclists who would like a customized training program with a slightly higher level of personal contact; also features a greater amount of data review and nutritional consultation.

A full year's commitment to training and recovery is required to maximize your personal cycling success, while compartmentalizing your training year has substantially reduced benefits. Your transition (recovery) phase in the fall, through your late winter build phase, are the two most important training periods of the year. The right amount of recovery and a strong foundation of smart training is the ideal preparation for the following competitive season.

Sincerely,

Jim Whittaker



VeloTek Performance Payment Guidelines

Payment is due by the 20th of each month. Payment past due after the 5th of the following month will incur a \$25 late fee. Special circumstances will be considered if communicated prior to coaching payment deadline (20th of current month).

The VeloTek Performance rider and coaching relationship is automatically self-renewing every month. VeloTek Performance assumes to be coaching you unless you provide a written notice and/or email and phone call two weeks prior to the first of the month. Cessation of coaching for non-medical reasons will incur a full or partial start-up fee assessment upon resumption.