



www.FxDcoaching.com
e: Info@FxDcoaching.com
p: 603 429 0377

FxD Coaching provides personal coaching for endurance athletes.

We focus on high quality and personal service by maintaining a low athlete to coach ratio.

Our training style consists of a combination of structured and unstructured workouts. Structured workouts are designed to specifically meet the demands of your planned events. Unstructured workouts will include general guidelines, but allow you the freedom to simply enjoy your sports. For most clients, this means training hard during the week to reap the benefits on the weekends. Quality weekday workouts tend to require less time, which is an advantage for those who have regular work hours.

Since we can't physically observe every workout, data obtained from training devices will be used extensively (cycling power output, running pace, heart rate, etc.). Recommendations for appropriate devices can be provided based on budget and training needs.

Please let us know if you have any questions.

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Personal Coaching (\$130 / month):

- ▶ General training plan covering up to 12 months
- ▶ Specific daily workouts and goals provided in 4 week blocks
- ▶ Monitoring of training progress on a daily basis
- ▶ Unlimited modifications to the workout schedule
- ▶ Communication with your coach via training log, email, phone, or office appointment
- ▶ 24 hour maximum coach response time
- ▶ 25% discount on Testing Services
- ▶ Online training log

Additional services available at \$60 per hour in half-hour blocks.