

Kilowatt Cycle Coaching Packages

	Recreational	Performance
Monthly training programs	Yes	Yes
Training Peaks Premium Account	Yes	Yes
Power	Yes	Yes
Heartrate	Yes	Yes
RPE	Yes	Yes
Periodisation	No	Yes
Testing	Virtual	In person (where possible)
Functional Movement Screen	No	Yes
Data analysis	Weekly	Daily
Coach contact	Weekly (email)	Daily (email) + Weekly (call*)
Strength & Conditioning	No	Yes (periodised plan via Visual Coaching Pro)
HRV monitoring	No	Yes
Mindset coaching	No	Yes
Nutrition periodisation	No	Yes
Skills prescription	No	Yes
Program alterations	Monthly	Unlimited**
Start-up fee	\$50	\$150
In person retest	\$75	\$50
Monthly fee (min 3 months)	\$160	\$260 (\$230 juniors)

*While we encourage communication with all athletes, unscheduled calls are only available upon request and at a pre-arranged time - "Can I call you in 10 minutes" is generally enough.

**Program alterations are only applicable in the case of rides not being completed due to illness, injury or if prior notice of unavailability to complete training on a given date is provided.