

<https://www.rogeryoungstraining.com>

What you can get with your monthly coaching fee:

I coach riders in the sport and I can provide a number of methods and tools to help with your riding. I leave it up to the riders to determine how much coaching they want to receive. Some riders are in constant contact with me and share everything they do. Others share more brief data though everyone is as interested in their riding progress.

Here's an outline explaining the things I do as a coach:

The Riding Group: This is comprised of all the riders I coach. The group is an eclectic band of bike riders with one thing in common; I coach everyone. Parts of the group get together to ride independent of a scheduled training session and they often attend the same events.

- **Auto invitation to all my workouts, “challenges”, camps, and clinics including:**
 - Workouts can/will vary depending on the season but I usually conduct 5 sessions/week
 - Tue/Thr ZWIFT intervals (6:30am Pacific time)
 - Tue/Thr track sessions (4pm) Pacific time)
 - Sunday Madison school (11am Pacific time)

- Challenges are offered 3 or more times a year and vary in their scope but there's always "valuable" prizes for example
 - The Olympian Challenge: a test to see how well you can improve over a given training period
 - Camps/Clinics include lectures, riding evaluation, and drills over a session or series of sessions
- **On-going* help with bike positioning, riding skills, and training**
 - I use both personal observations and digital tools to evaluate riding/bike positioning
 - Pedaling and bike handling skills are also evaluated digitally and through my personal viewing
 - I use my own training manual to help riders understand workouts and my coaching methods
 - **On-site coaching during events I attend****
 - I help with things like racing strategy and tactics
 - I evaluate races on the spot
 - I help organize and manage rider helpers
 - I communicate with race organization and officials
 - **Off-site communication during events I do not attend**
 - I make myself available to communicate (text, phone, etc.) before, during, and after races

- **Evaluation of event results**
 - I go over results and help determine the meaning and points where we can improve

- **On-going communication related to training**
 - I respond to training questions/issues usually within 48 hours (phone, text, etc.)

- **On-going monitoring of training data**
 - Using Garmin Connect, On-Form, Strava, Screen shots, or e-mail (I usually look at your training metrics 2-3x/week)

- **On-going monitoring of training images and/or videos**
 - Using the On-Form app I evaluate and make comments/recommendations (usually within 3 days)

- **Testing/evaluation of power, threshold, and endurance**
 - I often request riders do a given test/riding effort to determine their current state and to mark progress

- **Construction of personalized weekly training plan**
 - Riders with specific goals or events they're planning get a weekly list of workouts to do

- **On-going consultation on planning for events/rides**

- **Weekly Newsletter, a weekly e-mail including:**
 - What interval format we will use the upcoming week
 - General training tips
 - Training Group News
 - Challenge news (for the current challenge)
 - Some kind of fun (or interesting) anecdote or story

****On-going: always available (I usually check digital training data 2-3x/week)***

*****Events I attend: if an event requires travel; it's requested that the riding group assist with my expenses***