



COACHING PLAN ELEMENTS AND DELIVERABLES

It is our aim to guide riders to personal best sport performance, and in doing so ensure that they enjoy it to the max! Our conditioning process is like an “apprenticeship” and we shall ensure that our athletes receive the correct exposure to achieve their personal goals! However, none of what we do can guarantee success without the part played by the athlete him/herself! The conditioning program is tailored around the athlete’s personal needs and goals, and only designed for him/her. The elements that constitute each coaching plan are as follows:

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| 1 Goal setting & periodized conditioning program | |
| Goal planning | <ul style="list-style-type: none"> Personal goals will be determined, formulated, and recorded for <ul style="list-style-type: none"> Long term Medium term Short term Milestones will be determined to guide achievement of each goal |
| Periodisation planning | <ul style="list-style-type: none"> For each medium-term goal, we shall define an <ul style="list-style-type: none"> Off-peak period Pre-peak period Peak period Each period has its own “mix” of conditioning variables, ensuring optimized performance |
| Race season planning | <ul style="list-style-type: none"> Races/assessments for each period will be identified and the purpose of each will be formulated |
| Updating conditioning programs | <ul style="list-style-type: none"> Changes in the athlete’s level of conditioning and personal circumstances will depict program changes The 1st 4-week period serve as “getting-to-know” each other |
| 2 Activity tracking software | |
| Today's Plan | <ul style="list-style-type: none"> We employ Today’s Plan, 3rd party state of the art internet-based technology for tracking, analysing, evaluating, and comparing performance activities. Each of our athletes should therefore have access to accurate intensity measurement through heart rate (or power) measurement that can be uploaded to Today’s Plan. Each athlete should create and maintain a premium account on Today’s Plan |
| 3 Simulation training | |
| Facilitated group training sessions | <ul style="list-style-type: none"> Athletes will be encouraged to participate in at least one predetermined facilitated simulation training session per week During these simulation sessions athletes experience everything they would experience while partaking in a race |
| 4 Progress analyses, performance evaluation and feedback | |
| Training and activity analysis | <ul style="list-style-type: none"> We utilize electronic activity analysis for tracking the athlete’s progress. Training Score, Chronic and Acute Training Load, Training Stress Balance, etc are employed to improve training impact |
| Race strategy planning and analysis | <ul style="list-style-type: none"> A racing strategy will be formulated for each race A post-race analysis will determine race strategy efficiency |
| 5 Bike handling skills | |
| Skills development | <ul style="list-style-type: none"> A skills development program forms part of the athlete’s conditioning program Additional, formal skills training is available and will guide the athlete through a formal skills development syllabus |

Coaching advice is presented over 4-week periods. The cost for our coaching advice is calculated according to the cumulative costs over a 12-month period – only coaching elements selected by the athlete are used to calculate a 4-weekly tariff. Depending on which coaching elements you select, your 4-weekly tariff can range between R170 and R1,076. This is invoiced over 13 x 4-week periods. Each conditioning program for the following 4-week period will therefore be accompanied by an invoice, payable on receipt. A deposit of the 4-weekly tariff is payable together with the 1st instalment.

Small-group and other offerings are charged for separately although they will not cost you an arm and a leg – they are meant to save your arms and legs! Costs for these additional sessions are determined by where they are presented, the number of participants and duration of the said sessions. Adding any other of our services, i.e.

- sponsorship acquisition;
- *Cycology* of cycling performance;
- the Performance Accelerator Program; and/ or
- focused skills training courses

are therefore not included and will be quoted for separately.

The above mentioned is tried-and-tested, although it is not cast in stone – any suggestions or specific requests will be considered.

Regards



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(Pierre Nel)
PROVISION PERFORMANCE LAB