

Introductory PCG

## **Coaching Offer**

\$139.00\* per month

\*\$139.00 for cycling or \$189.00 for multi/tri Hurry this offer runs thru Dec 14, 2015

- Personal coaching custom built for you
- 1-30 min training analysis review call per month with coach
- 4 emails with coach per month
- 1 plan edit per month
- Your workouts emailed daily and available online
- Training Peaks Premium account paid
- 12 week Winter Strength Ebook and worksheet
- 2 week Starter Nutrition Plan and ebook
- Reduced one time start up fee \$39.00

\* This is an introductory price for three months after which the cost will return to the \$189.00 for single sport and 239.00 for multi-sport coaching. This is a 3 month commitment, then standard 30 day cancellation policy. PCG participating coaches only. Offer runs through Dec 14, 2015. If you have a Training Peaks account, the bill will be transferred at the end of the billing cycle to the Peaks coach.



## **Custom Coaching for Cyclists and Triathletes**

Over 43 of the most experienced coaches in the business, all have been trained by Hunter Allen's proprietary training methods: Data Driven Training complete with power, heart rate and perceived exertion. Our coaching and training programs are individually designed by the coach using specific information we gather from you; we do not use cookie cutter programs!

## POWER TRAINING. POWERFUL RESULTS!

Contact: info@peakscoachinggroup.com