

## ●Monthly Training Plans>>

These plans allow you to utilize your training time to its fullest. A monthly training plan from E.A. guides you through your training and racing, and is there to support you as questions and obstacles arise. Includes continuous weekly contact, monthly meetings, personal training sessions, a training diary and more.

**\$200—\$400/month**



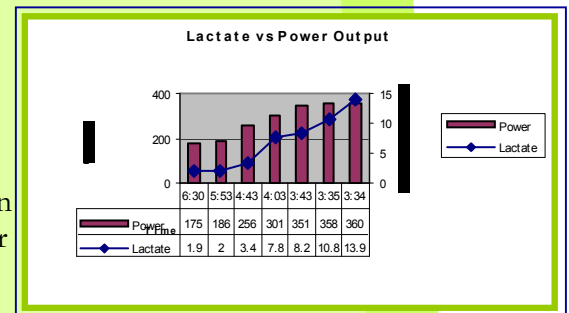
## ●Physiological Testing>>

Racing/Performing requires a delicate mixture of both art and science. The building blocks for optimal performance are many and must be constructed in a proper sequence. The cornerstone for this building is precise physiological training which is the main reason an athlete spends so much time in the water, on the bike, on the track, in the weight room or wherever training is best conducted. Ask yourself, do you know if all those miles/hours of training are paying off? A series of lactate analysis tests enables us to measure both the aerobic and anaerobic conditioning of you as a unique athlete. It is this information that can then be exploited to pinpoint your training zones and optimize the conditioning of you as an athlete. **\$200/test**



## ●Individual Lesson/Training Session>>

Individual technique lessons and consultations can include video analysis, riding/bike technique work, ski lessons, racing strategy, physical testing, new training techniques and more. Each session includes follow-up lesson summaries & analysis (in writing), as well as CD of your video sessions for future evaluation and comparison. **\$65/hour**



## ●Bike Fitting>>

E.A. bike fits (initially 3-4 hours), with 3 follow up adjustments as necessary, utilizing System One positioning protocol developed in the wind tunnel by John Cobb, race proven by Lance Armstrong, Greg Lemond and numerous others. Through power monitoring, Dartfish video analysis, and rider input we integrate your body's physical and mechanical characteristics, with proven aerodynamic technology/positioning/power efficiency, to mold you and your bike into One single efficient unit. **\$400**

