

VELO RACE PERFORMANCE

Coaching Contract

This is an agreement between (Coach) and (Rider). It contains some ground rules on how we want our coaching relationship to work.

We both agree to:

- Training plan will be uploaded to Training peaks one week in advance. The rider agrees to carry out the prescribed training and is responsible for completing the rider feedback sections.
- Rider will upload completed weekly training plans at the end of each week.
- One weekly phone call if required. Contact via messenger or text as required.
- This coaching agreement is subject to the need for discretion and confidentiality as part of the coaching relationship. Both parties agree to take into account all aspects relating to the law and duty of care in accordance with the British Cycling Code of Conduct and Health and Safety guidelines.
- The Coach is not responsible for the actions of the rider, when the rider is carrying out the prescribed training on the open highway. The rider should always ride within the rules of the highway code and wear suitable protective clothing.

The Coach commits to:

- Working with the rider towards the achievement of agreed goals set.
- Working with the rider to an agreed annual plan
- Working with the rider to an agreed weekly training plan
- Being open and honest and working within the British Cycling Code of Conduct for coaches.
- Asking for feedback, challenging the rider, and requesting the rider to undertake specific performance analysis testing.

The Rider commits to:

- Working with the coach towards the achievement of agreed goals set
- Being open and honest
- Giving feedback, completing the required sections of the weekly plan and completing the prescribed training.
- Returning all completed information on the weekly plan on time.

Payment

I (**rider**)agree to pay **£40** for the initial consultation which will include. Rider profiling, a Life Style Audit, an FTP test to establish training zones, benchmark setting, an annual training plan and the setting up of a training peaks account.

I agree to pay **£60 per month a minimum of 3 months** from (date) to receive the coaching services from Velo Race Performance which will include an Annual training plan, Weekly training plans via training peaks.

The first 3 months are a probation period which gives the coach and rider an initial period to make sure they are both agreeable with the coach and rider relationship. Should either wish to terminate the contract within the 3 months no further payment will be required.

Should the rider be unable to complete the prescribed training due to long term illness or injury then no further payment will be required.

Signed and dated by the both of us:

Signature

Date

Coach

Rider