

Coaching Packages



*A Training month is defined as a four-week period.
All packages include 25% off Computrainer Rental.*

Mountain Biking or Road Biking Packages:

Bronze: \$90.00 per training month plus \$50 initial consultation.

- On-line Work-out Schedule based on needs and goals.
- Directed testing on your own time.
- Limited Contact with coach for one hour per training month.

Silver: \$140.00 per training month.

- Workout Schedule based on needs and goals.
- Unlimited Contact with coach.
- Fitness Progression Testing every training month.

Gold: \$160.00 per training month.

- Workout Schedule based on needs and goals.
- Unlimited Contact with coach.
- Fitness Progression Testing every training month.
- Unlimited Computrainer use at Cross Country Cycle.

Tri-athlete Packages:

Starter Tri: \$130.00 per training month.

- On-line Work-out Schedule based on needs and goals.
- Directed testing for all three disciplines on your own time.
- Limited Contact with coach for one hour per training month.

Advanced Tri: \$200.00 per training month.

- Workout Schedule based on needs and goals.
- Unlimited Contact with coach.
- Bicycle Fitness Progression Testing every training month.

- Directed testing for Run and Swim on your own time.
- Unlimited Computrainer use at Cross Country Cycle.

Customized Plans are also available for \$150.00 per year.

- Day by day workout plan that incorporates your specific needs and goals.

More Options

CompuTrainer Rental: \$15.00 per 90 minute session

Lactate Threshold Testing: \$85.00

- Actual pin-pricking blood-measuring test!

Lactate Threshold and Wattage Approximation Test: \$50.00

- Test to exhaustion—no needles involved.

Please contact Coach Brian Harris at brian@crosscountrycycle.com or leave a message at (616)396-7491 x4 for more information.