

12 WEEK TRAINING PROGRAMME FOR CAPE TOWN CYCLE TOUR

BRONZE PACKAGE

R 1390



Training programme according to training zones via heart rate or power to do on your own on road bike or indoor trainer or both.



Strength and core training programme with video explaining sessions to do on your own, these are often underestimated but can change your performance and overall well-being marginally.



Flexibility programme with video explanation to do on your own.



Coach will respond to questions via **WhatsApp** but doesn't give feedback.



All sessions are loaded onto **TrainingPeaks** platform which is included no extra costs.

SILVER PACKAGE

R 1690



All as above plus coach will check on sessions and give feedback weekly to the athlete.

GOLD PACKAGE

R 1990



All as Bronze plus coach will check on sessions and give feedback twice a week.