



# BIG CHAINRING COACHING

RIDE | TRI | RUN  
FASTER | STRONGER | HAPPIER

## Ethos & Background

---

### *FASTER | STRONGER | HAPPIER*

*Whether ride, tri, or run, these endurance sports can become a big part of our lives. They can, and should, bring challenge, achievement and health. But they should, and must, also make us happier, whether in the form of drive, mental health, escape, community or other – training should be a daily and weekly mix of pushing ourselves, finding challenge, feeling healthy, and having fun.*

*My coaching is primarily about seeing normal humans, who have real lives in between training and racing, getting faster, achieving their goals and getting more out of their sports than just results and fitness.*

*I aim for both myself and the athletes to understand the why behind our participation and drive to improve, so we can guide and motivate our training with that at the top of mind. Beyond that the remaining tasks become simple: Define and understand some goals, outline what training time the athlete would like to put in, and set up structured training to maximize the use of that time around getting to that goal.*

My own experience includes:

- ~ training and competing as a young aspiring pro,
- ~ overdoing my riding both physically and in terms of the importance I placed on it.
- ~ training and striving for improvement in the sport while running other full-time businesses,
- ~ re-entering the sport competitively and training to grow and achieve from a redefined set of goals and expectations.

I believe all of these have combined to create a great balance of experience, learning and mistakes. This has led me to the point where my drive is to see friends and clients get the most out of their sport. Along with this I've built up the tools and knowledge to build effective training plans, goals and workouts.

## Coaching input and offering

---

*In the interests of keeping focus on progress and training, not admin – I prefer to have everyone on the same package, the details of which are outline below. For those wanting more specific input, or more time and feedback, perhaps going beyond the bounds of training plans into more in depth nutrition, race strategy, or even just once-off input into their own programs, I am happy to charge by the hour too.*

*All data is fed through TrainingPeaks, and plans are shared in overview by email, but in weekly detail on TrainingPeaks. Heart Rate data for every workout is necessary, power is a hugely valuable addition for cyclist, but we can start without it if needed.*

**Matt's Coaching Fees and Inputs**

Cost	R1000 once-off start up & R1000 per month	
Primary Outcomes	Build and Maintain broader season plan in order to:	<p>Improve Performance</p> <p>Maintain enjoyment and meaning in your sport</p> <p>Build towards well selected goals</p>
Process	Develop athlete profile	<p>What we get from the sport</p> <p>How life and training intersect</p> <p>Training Times</p> <p>Goals</p> <p>Focus Areas and Limiters</p>
	Build Training Plans in blocks of 8-16 weeks	
	Monitor and Update plan based on progress or hinderances monthly	
Communication	Training Session Feedback	TrainingPeaks or Slack
	Training Session Queries	Email or slack more than a day ahead of the session
	Monthly Planning <i>Client providing schedule, races and restraints for the month ahead.</i>	Email or slack
	Schedule changes/restraints	Email/Whatsapp - 1 change included per month
	Programme and Progress discussion & queries <i>Check up and evaluate progress, training successes and failures.</i>	Email or call, fortnightly
Additional Input	<p>Race Selection and Planning</p> <p>Coordination of broader schedule</p> <p>Weekly call/whatsapps</p>	R750 per month
Further or Stand Alone Services	<p>File or Historical Analysis</p> <p>Profile detail</p> <p>Training Plan input or once-off</p> <p>Skills or race strategy session</p>	R500 per hour
Communication guidelines	<p>Training queries I will stick to "within the next business day", for simple ones, and two business days for broader planning questions. As clients are riding friends too, whatsapp gets lost and can overload my work time and personal space. In other words - I'm happy to receive whatsapps, and like chatting to most of you anyway - but answering questions about training on whatsapp, at almost all hours then blurs the lines of my time input, so prefer to keep those ahead of time, and in a clearer channel(TrainingPeaks/Slack).</p>	