



www.impulsecyclesport.com

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Coaching Packages

Level I

- Power based program.
- Unlimited email and phone contact with coach.
- Customized daily training plan.
- Weekly training plan modification based on client feedback.
- Review and analysis of power data using WKO+ software.
- Nutritional consultation.

Cost: \$149/month

Set up fee: \$50

6 month discount: \$799

Level II

- Heart rate/perceived exertion based program.
- Unlimited email contact with coach
- Customized daily training plan.
- Weekly training plan modification based on client feedback.
- Nutritional consultation.

Cost: \$89/month

Set up fee: \$50

6 month discount: \$499