

Rider agreement

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| Coach | Richard Smith |
| Rider |  |

**The coaching will provide**

1. Analysis of the rider profile
2. Assistance with setting annual SMART objectives appropriate for the riders goals
3. An annual periodised training plan updated when necessary
4. A detailed weekly training prescription delivered via Training Peaks software
5. Analysis of training sessions and feedback
6. Field testing when required
7. Physiological, psychological, technical and tactical advice appropriate for the rider
8. Regular communication via Training Peaks, email or social media as required and telephone conversations/meeting within reason.

**Not included in the service**

1. Attendance at events
2. Technical and tactical coaching carried out on the track or at circuits which are at an extra cost.

**The rider agrees to**

1. Carry out the training plan as far as is reasonably possible
2. Provide feedback via annotated data downloads to Training Peaks
3. Divulge any pertinent medical data that might have an impact on the coaching prescription
4. Not take performance enhancing drugs
5. Advise the coach of any injuries or illnesses that impact on his or her ability to train

**Confidentiality**

Rider data will remain confidential at all times.

**Payment**

The rider agrees to pay by standing order/direct debit £120 per calendar month from a date to be agreed between the coach and the rider.

**Termination**

This agreement can be terminated by either party on giving 1 months’ notice in writing or by email.

Rider signature…………………….

Date…………………………………