

Wimberg Bike Coaching LLC Coaching Agreement

Wimberg Bike Coaching LLC agrees to provide a monthly training plan with daily training detail (ie, intervals, rest days, etc) so noted in exchange for \$175/Level 3 __, \$250/Level 2 ____, \$350/Level 1 __ per month or __\$125/mo for QCW Team members for a Level 3 plan. A minimum commitment of three months, paid in advance, is required to start the coaching program. Payment may be made in cash, check, Paypal (via the website) or money order and sent to Wimberg Bike Coaching LLC, 1180 Beverly Hill Drive, Cincinnati, Ohio 45208. After the initial three (3) months, the athlete will make monthly payments by the first of the month. A 5% discount is available for those interested in continuing to pay three months in advance. Thirty (30) days notice is required to cancel the contract on the part of either party. Upon termination of the agreement your TrainingPeaks account, which is included in your monthly fee, will be deactivated.

On the bike training is available for \$75 per hour. This is not considered an opportunity to just ride together (that's free!) but an opportunity to work on specific bike skills such as climbing, cornering, braking, position, intervals, etc. Individual or group rides are an option and may or may not be billable depending on the goals of the ride. Please email or call for clarification. I'm more than willing to ride with clients and discuss training but it is better to know in advance if we need to work on specific skills that will mean riding roads specific to the training goals. In that situation the ride is about helping you and not a typical ride just for the sake of riding.

Training schedules will be posted prior to the first of each month. Please let me know of any races, key events, previously scheduled training, etc., at least one month in advance so we can have these already scheduled. Please review your schedule by the first of the month and submit changes that need to be made. Initial changes will be made at no extra charge if done prior to the fifth of the month. Notifying me of changes in your schedule and the resulting changes in the days training is performed would not result in any extra fees.

Athletes are welcome to call or email with questions anytime and are in turn expected to send training updates and race results within 24 hours of such events. Sending multiple dates at once may result in not all data being reviewed. Athletes should also notify WBC when they miss a work out for reasons including illness, a change in their scheduling, etc. More often than not we will just continue with the plan and not make up dates.

All athletes must sign the Waiver Form prior to starting any training program. All athletes are expected to have yearly physicals and to inform WBC of any physical issues that would affect their ability to complete the training program assigned given their goals. WBC is in no way able or qualified to offer medical advice. I also recommend that you schedule an appointment with a Sports Nutritionist at least once per year. Coaches and trainers, unless specifically certified, are not qualified to give nutritional counseling.

Please call or email with other questions. I look forward to working with you!

Athlete signature

Date

Athlete Name Printed