RUFFAUT CYCLING SYSTEM	200 WATTS	300 WATTS	400 WATTS
Information sheet	✓	✓	✓
Introduction & exchange session	✓	✓	✓
Individual planning	✓	✓	✓
Analysis of the session		Daily	Daily
Frequency sends plan	1/month	1/week	1/ week
Telephone/email consultation		1/week	ILLIMITED
Modification of the plan	1/month	1/week	ILLIMITED
Analysis & race preparation	Option	Option	✓ One race
Analysis & control of external factors			✓
Nutritional advice			✓
Strengthening plan			✓
Community access	✓	✓	✓
Personal training session	Option	Option	✓ 1 time / 6 months
Power & FTP test + analysis	✓	✓	✓
Power & FTP test + analysis with RCS coach	-5%	-10 %	-20%
IF YOU ARE INTERESTED OR FOR MORE INFORMATION, YOU CAN CONTACT US IN THE CONTACT SECTION OF THE WEBSITE			