

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 %