

Fab4Fitness On-Line Coaching Guidelines

1. Training Programs:

6 to 10 week program - ideal for junior events and for short distance events.
12 to 14 week program - ideal medium distance, and multisport events or for novices age group athlete.
16 plus week program - ideal for long distance events and elite athletes.

2. Training Periodisation:

Example: Short distance events: 8 week program:

1 week of set-up athlete data, plan and program.	
2 weeks of endurance training	- 1st training period.
2 weeks of strength training	- 2nd training period.
1 weeks of speed training	- 3rd training period.
1 week of race preparation	- 4th training period.
1 week of post-race recovery.	

Example: Medium distance events: 12 week program:

1 week of set-up athlete data, plan and program.	
3 weeks of endurance base training	- 1st training period.
4 weeks of endurance/strength training	- 2nd training period.
3 weeks of speed training and race week	- 3rd training period.
1 week of post-race recovery.	

Example: Long distance event: 16 week program:

1 week of set-up athlete data, plan and program.	
4 weeks of endurance base training	- 1st training period.
4 weeks of endurance/strength training	- 2nd training period.
4 weeks of peak volume	- 3rd training period.
2 weeks of taper period and race week	- 4th training period.
1 week of post-race recovery.	

Example: Ultra distance event: 20 week program:

1 week of set-up athlete data, plan and program.	
5 weeks of endurance base training	- 1st training period.
5 weeks of endurance/strength training	- 2nd training period.
5 weeks of peak volume per discipline	- 3rd training period.
3 weeks of taper period and race week	- 4th training period.
1 week of post-race recovery.	

3. Training Plan:

- A) The fitter you are at the start of the 1st training period the better will be the outcome at the end of the program.
- B) Before the start of the program, a comprehensive questionnaire will be sent to the athletes that have formalised their interest in On-Line Coaching.
This interest has to be formalised by the deposit payment.

The athlete's training questionnaire will include questions regarding:

- athlete's history (past training and events),
- athlete's current training regime (such as current type of training, distances, durations, venues etc.)
- training commitments toward the new training program (such as finalising a fixed weekly training schedule per discipline during the entire period of the program).

- C) At the start of the program, you will receive your first 2 week training period program. This program will include number, duration and type of weekly sessions. Each session will have session description details.
The following weeks' training will be forward to you after the full fee payment for the On-line training services.
The first 3 weeks of the first period are progressive overload workouts, while the 4th week is a recovery week.

- D) At the end of Week 3, you must send to the coach your 3 week electronic log book (as Excel file) which includes session details and comments. During your recovery week, the coach will process your 3 weeks progressive overload workouts and design the next training period. To maintain and send your log book is your responsibility. No further training programs will follow if the training log book is not forwarded in time to the coach.

- E) By the end of the 4th week (recovery week), you will receive your next four week training program.

- F) The pattern of point C and point D will be maintained until the end of the program.



- G) Each week you will have a maximum and a minimum number of sessions to undertake. To keep in line with the program you MUST undertake at least the minimum number of sessions suggested weekly. The more sessions you perform in addition to the minimum, the better will be your overall preparation. The total sessions per week should not exceed the maximum number suggested.
- H) Each week you will have a key session or sessions. These sessions have the priority over the other sessions. Therefore prioritise these sessions as your weekly commitment.
- I) Each week will have a discipline focus. If you have running as the week's discipline, prioritise the run sessions after your key sessions.
4. **Additional Program Contents:** in addition to training session contents, the program will also include:
- A) Nutrition plan: This plan will consider race day nutritional supply, nutritional preferences, nutritional requirements and nutritional race plan.
 - B) Race gear list: A comprehensive race gear list will be supplied at the start of the last period. This gear list is extremely important for long distance and multi sport athletes.
 - C) Hi-Tech training: during the training periods, athletes are invited to use training tool devices to control, monitor and evaluate training outcomes. Some of these tools are heart rate monitors, stop watches, pace counters, bike computers and bike cadence counters.
 - D) Race week guidelines: These documents will include topics such as transport, accommodation, carbohydrate loading diets, pre-race activities, physiological and psychological arousal, etc.
 - E) Electronic log book (as Excel file).
5. **Suggested Tools:** Multisport Training Diary: This type of diary is specifically designed to hold the athlete's data of training and racing in a multi discipline sport and is highly recommended. The diary is your personal resource and is your confidential best friend – it's your history.
- A comprehensive Multisport diary is available from Fab4Fitness merchandise for \$35.
6. **Fees and Payments:**
- A) Minimum period for On-Line coaching is a 6 weeks program.
 - B) **\$60** for athlete profile and program set-up fee. Athletes interested in undertaking the On-Line coaching and receiving the comprehensive questionnaire are to pay the set-up fee before the start of the program.
 - C) On-Line coaching fee is **\$25.00 per week for 6 to 10 week program.**
On-Line coaching fee is **\$20.00 per week for 12 plus week program.**
 - D) Full training fees. Athletes interested in undertaking the On-Line program are to pay the full fee by the end of the second week of the 1st training period.
 - E) The payment is to be by Internet banking.
 - F) Coached squad or individual sessions are not included on the On-Line coaching fee. Any On-line coached athlete is entitled to a 50% discount for any F4F squad training session cards.
 - G) All the additional program contents listed at Point No 4 are included in the On-Line coaching fee.
 - H) Additional fees apply for special services such as determination of heart rate zones, aerobic and anaerobic thresholds, testing & analysing of performance, fitness assessment and evaluation, movement & efficiency testing etc. Although some of these special services are recommended, they are not essential for the development of the training programs.
7. **Pre-Training Period – training before the start of the chosen training program:** During the pre-training period, athletes can start training, utilising one of the training programs listed on the *Training Programs* page of the website www.Fab4Fitness.com. These resources are good tools for gaining fitness during the period leading the start of the chosen training program.
8. **Respect of Intellectual Property:** Any programs, training sessions and documents provided to you as part of your package (and not available on the website) cannot be copied or forwarded to a third party without the express permission of Fab4Fitness. However, the publicly available website programs and session information are for the public and can be copied.
9. **Coach Contacts:** by email info@Fab4Fitness.com (website: www.Fab4Fitness.com)

