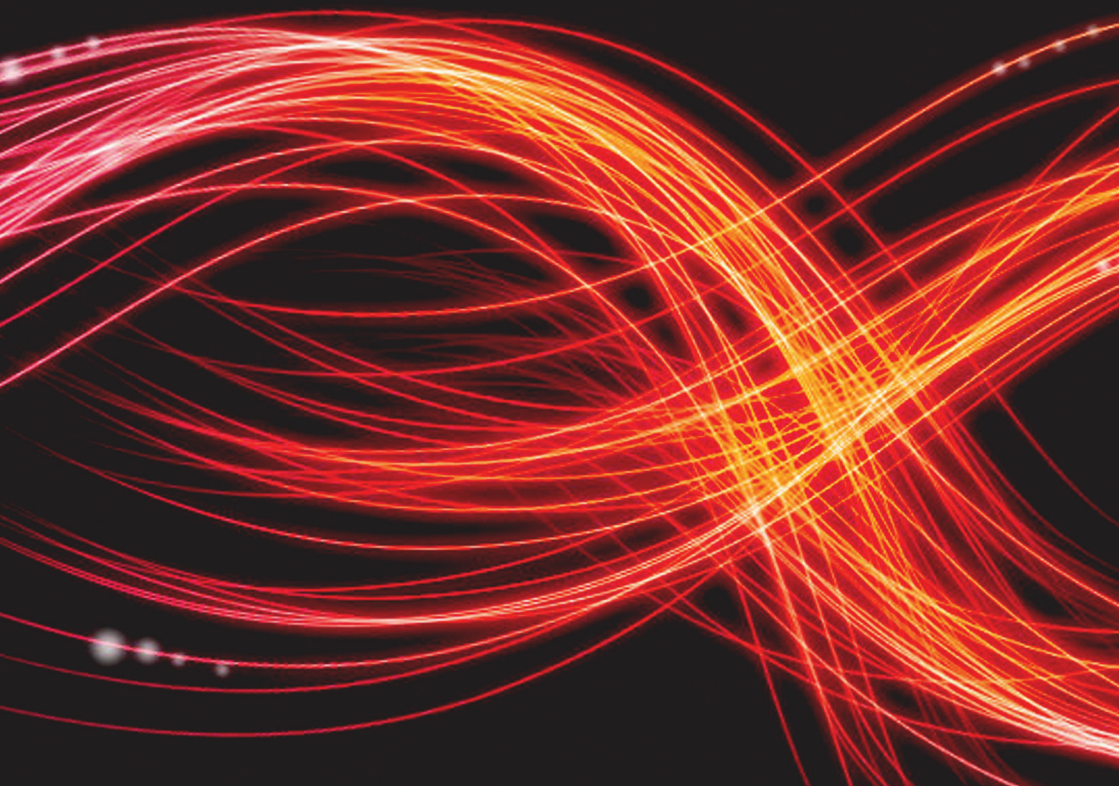



LA FUGA PERFORMANCE



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LOOKING TO MAKE THE MOST OF YOUR VALUABLE TRAINING TIME? WONDERING ABOUT THE OPTIMUM PREPARATION FOR YOUR SUMMER EVENT? AIMING TO GET BACK INTO SHAPE AND REGAIN THE FITNESS OF YOUR YOUTH?

We have all the answers at La Fuga Performance.

OUR SERVICES

- Fitness assessments
- Tailored training programmes
- One-to-one coaching sessions focussing on key skills and techniques
- Group training rides and coached sessions
- Biomechanical assessment in conjunction with Matt Roberts
- Bike fitting in association with Specialized BG Fit at Sigma Sport
- Nutrition advice

WHAT MAKES US DIFFERENT?

Our coaching team is headed up by Huw Williams, one of British Cycling's highest qualified coaches and a regular contributor to many UK cycling publications including Cycling Weekly and Health & Fitness.

Our coaching packages are based on cutting edge technology and the latest sports science. Training volume load and intensity is targeted directly at achieving your personal goals given your lifestyle demands. We are experts at maximising training benefits from limited training time.

We pride ourselves on the level of personal service – all our clients receive regular, face-to-face or over the phone contact with their coach.

PERSONALISED PERFORMANCE PLANS

A Personalised Performance Plan from La Fuga Performance is the best way to ensure you're making the best use of your limited training time. Your performance plan starts with an in-depth pre-programme assessment with your designated coach comprising the following elements:

- In-depth baseline fitness assessment –
- Full analysis of your training and sporting history.
- Assessment of and feedback on your cycling goals.
- Comprehensive face-to-face or over the phone interview with coach

You'll then receive a weekly training plan exactly tailored to your personal circumstances. Training is based on scientifically determined heart rate or power zones, there is no guesswork involved. We recommend that in order to maximise your training time, training with a power meter is the best option. The next best option is a Garmin with heart rate monitor facility. Your coach will provide extensive details in the set-up and use of whichever system you choose.

YELLOW JERSEY PLAN

This package is aimed at the rider who is serious about improving his / her performance on the bike whether it be to tackle a serious challenge such as a Rapha Randonnée or major international sportive. The Yellow Jersey package maximises the value of your precious spare time through close contact with your designated coach. Unlimited coach contact time allows every aspect of your training to be discussed in detail with your coach.

- Comprehensive pre-programme assessment
- Unlimited contact time with coach via phone, email or message board
- Weekly training prescription delivered by email
- "Training Peaks" online portal allows in-depth training data logging for daily analysis by coach. On-line account is set-up for you on initiation of programme
- Monthly face-to-face / over the phone progress meeting and re-tests with coach

Sign up fee: £200

Monthly fee: £250 per month (minimum 6 month period)

GREEN JERSEY PLAN

If you are a committed rider who spends a lot of free time on your sport but are happy to be a bit more self reliant then the Green Jersey package is for you. Whether you're a casual racer or committed sportive rider, the Green Jersey package will give you a considered training structure to really help improve your riding.

- Comprehensive pre-programme assessment
- Sixty minutes contact time with coach per week via phone or email
- Weekly training prescription delivered by email
- Monthly face-to-face / over the phone progress meeting and re-test with coach

Sign up fee: £200

Monthly fee: £170 per month (minimum 6 month period)

WHITE JERSEY PLAN

Our White Jersey plan is a perfect starting point for the aspiring rider looking to take advantage of a Personalised Performance Plan. You will receive weekly training plans the same as our higher plans.

- Comprehensive pre-programme assessment
- Weekly training prescription delivered by email
- Contact with coach via email

Sign up fee: £200

Monthly fee: £100 per month (minimum 3 month period)

STAGIAIRE PLAN

A Stagiaire is an amateur rider given a trial in the pro ranks and our Stagiaire Plan is the perfect way to try our services without a longer commitment. It's not an off-the-peg programme like you might get elsewhere; your personalised three or six month programme will be drawn up after a one-to-one consultation to make sure your plan matches your goals and time available to train. Should you need additional help from the coach during your plan, you can pay for additional consultations and / or testing as and when you need it.

- Comprehensive pre-programme assessment
- 3 month or 6 month tailored training programme
- Pay for additional testing / consultations as and when needed

Price (3 month): £200 one-off payment

Price (6 month): £300 one-off payment

ACCELERATORS

With your monthly training needs taken care of, our accelerators can be added to your package whenever needed to address areas of weakness, help monitor progress or give your performance a pre-event boost.

METABOLIC ASSESSMENT

Understanding your body composition and monitoring change over time is an important part of a holistic training programme. Our state of the art body scanner provides an accurate assessment of body fat and muscle density composition and is a highly recommended add-on for both your PPA and monthly re-test.

Price: £30

CONSULTATIONS

Sometimes you might need some extra advice from one of our coaches, whether it be additional training analysis, a mid-season review or pre-season appraisal, our coaches are available for consultation either face-to-face or over the phone. Our coaches are available to travel to your work place or even your event to provide the support that will really make a difference to your performance.

Price: £50 per hour

HEALTH SCREENING

If you are resuming exercise after prolonged abstinence, it maybe worth having a comprehensive health screening carried out to highlight any medical issues before embarking on training programme. Our medical experts will carry out a comprehensive assessment and are specially trained to identify sports related issues.

Price: £POA

BIOMECHANICAL ASSESSMENT

(in association with Matt Roberts Fitness)

Many common injuries can be traced back to biomechanical imbalances. Assessment of your technique and posture during rest and movement allows a profile of muscular tightness and weakness in your body to be built. This allows the development of a treatment and training regime completely tailored to your needs and the chance to treat the root cause of common injuries before they manifest themselves.

Price: £POA

MASSAGE

Regular massage is an essential part of every professional cyclist's routine. Sports massage can help in aiding recovery, enhancing flexibility and avoiding injury. La Fuga's in-house masseur can be booked as individual sessions or as blocks of treatment to get the full benefits.

Price: £POA

PHYSIOTHERAPY

Despite the best prevention, injuries can still occur. The key to getting you back on the bike as quickly as possible is quick and accurate diagnosis, followed up by efficient treatment. La Fuga's approved physios have the experience of sports injuries to get you on the road to recovery with minimum disruption to your training.

Price: £POA

NUTRITION ANALYSIS

The correct diet makes a significant contribution to performance. From analysis of daily dietary routine to optimising event nutrition, La Fuga's dietician service can help you eat and drink right.

Price: £POA

ONE TO ONE COACHING

Time spent one-on-one with one of our coaches is the best way to improve specific skills. Spending a couple of hours in the company of an experienced rider is the fast-track to realising tangible improvements in the often ignored area of bike handling and skills. Areas such as sprinting, cornering, descending, urban riding and even group riding skills can be honed during such sessions. To maximise your training times, coaches can meet you at your work place or home if required.

Price: £50 per hour

GROUP / CORPORATE COACHING AND TRAINING

La Fuga is happy to plan and deliver group and corporate training and coaching events ranging from half day skills sessions on a closed road circuit, track days on the velodrome to multi-day overseas training camps. We'd be happy to discuss your requirements and come up with a tailored solution to meet your needs.

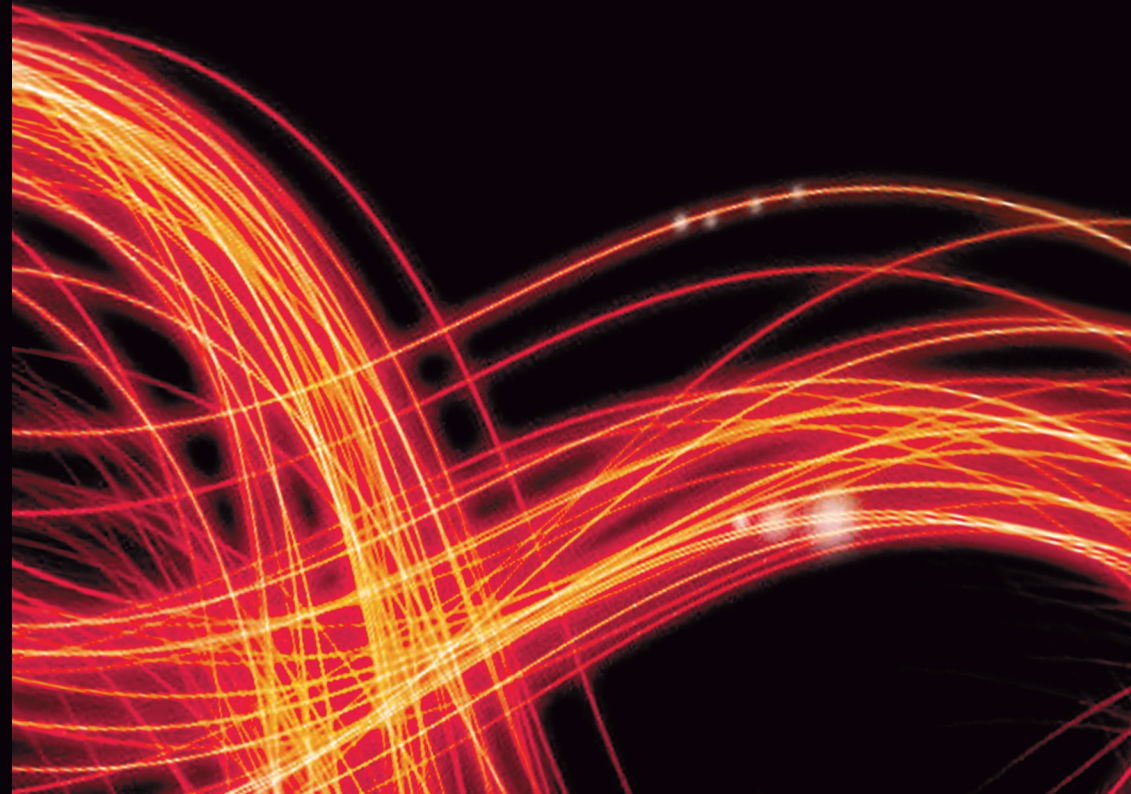
LA FUGA PERFORMANCE CYCLING ACADEMY

A training camp with a difference...

Specially conceived for aspiring riders, our residential cycling academy is the perfect place to hone your fitness and riding skills. Over the week we will focus on high quality coaching and fully supported rides to take your cycling to a new level. Features of the academy include:

- one to one consultations with a La Fuga Performance Coach to discuss your training
- specially selected overseas locations to ensure perfect warm weather training
- Coached skills sessions focussing on areas such as descending, group riding and cornering
- Fully supported group rides catering for all abilities
- Evening knowledge transfer seminars on key subject areas such as nutrition and sports psychology

As a La Fuga Performance customer you will have first priority to book on the academy and your coach will be on hand to give feedback on your riding and fine tune your training plan as the week develops.



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TO FIND OUT MORE PLEASE CALL:

+44 (0) 208 144 1441

VISIT US AT: **WWW.LAFUGA.CC**



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