

Andy Liebner's Personalized Coaching Program

New for MAY 2020 - April 2021

Mission: Provide the necessary tools for self motivation and improvement.

Goal: To help each individual achieve their goals.

Scope: Follow a structured day-to-day plan designed for improving in the sport of Cross Country Skiing based on the goals outlined.

Coach: Andy Liebner

Costs:	Season:	Dates:	Notes:
\$250	Summer	01 MAY - 31 JULY	Entire year commitment not necessary, buy only the seasons you would like coaching.
\$350	Autumn	01 AUG - 30 NOV	
\$500	Winter / Spring	01 DEC - 29 APR	
\$1,100	Yearly Total		

Year-round training / coaching is absolutely necessary for progression improvements.

Items offered in this program:

- 1- Establish a baseline of the physical and psychological.
- 2- Goal setting – short and long. Ensuring they are achievable.
- 3- Day-to-day training **custom to you specifically** ensuring you are challenged and adapting with adequate rest. Introducing fresh training exercises for endurance, balance/ skill, and strength etc.
- 5- Review and feedback from training recording data. [i.e.. Strava, Training Peaks etc.]
- 4- Re-evaluating goals and adapting the plan when necessary.
- 5- One Monthly phone consultation.
- 6- Unlimited email questions.
- 7- Unlimited email video analysis by email for technique review and feedback.
- 8- Free admission to on-site clinics by Andy when present at MI Cup events or self organized.

Contact: Email Andy today for questions, payment address, examples of training and strength plan and to receive goal setting / review sheet.

Email: skiwolf55@hotmail.com