

Cycling coaching

Boost your cycling performance with structured training schedules designed to improve endurance, speed, and strength. Whether you're a beginner or an experienced rider, these plans help you ride smarter and stronger!



Basic

€50/\$57

Payment every 4 weeks

- Intake consultation
- Training plan uploaded to Trainingpeaks
- 3 month schedule for you next event or goal
- Monthly feedback sessions
- Discount on INSCYD tests



Premium

€75/\$85

Payment every 4 weeks

- Intake consultation
- Training plan uploaded to Trainingpeaks
- Personalized monthly training schedule
- Monthly feedback sessions
- Adjustments to training plan based on progress
- Basic race strategy and pacing guidance
- WhatsApp or e-mail support
- Discount on INSCYD tests



Premium deluxe

€100/\$114

Payment every 4 weeks

- Intake consultation
- Training plan uploaded to Trainingpeaks
- Weekly personalized training updates
- Unlimited feedback sessions
- Additional workouts (e.g. strenght workouts)
- Race-specific strategy planning and nutrition tips
- Priority WhatsApp or e-mail support
- 1 free INSCYD tests + discount on additional tests