

## Fitness Program by Kyle Coaching (Chris's coach for the Honor Ride)

We will provide a group training plan for up to ten members. This 6-month plan will include dedicated cycling, running, and resistance training programs. All of these plans will be delivered straight to the members via our Training Peaks platform, with each member having access to their own premium Training Peaks account. We believe this plan will provide each member with the resources and guidance they need to reach their goals within the allocated timeframe.

We understand that it is essential for members of the foundation to stay healthy, fit, and active, and we are confident that this plan has been designed in such a way that it could benefit all participants. The cycling and running plans analysis will be tailored to each participant's individual needs and goals while utilizing a single plan shared across all members. This allows us to provide the same high standard of training guidance while considering each participant's unique requirements, ensuring they get the most out of their sessions. Furthermore, the resistance training program has been designed to provide individuals with the support and resources necessary for improving strength and stamina.

The plan includes the following items:

- Up to ten premium Training Peaks accounts
- A monthly cycling plan applied to members who want to utilize the bicycle
- A monthly running plan for those wanting to increase their running capabilities
- A resistance training program personalized for each member
- A biweekly analysis of each member's execution of the weekly workouts
- Unlimited support via text for each of the members
- One-hour monthly Group Zoom meeting with Chuck, a USA Cycling elite coach, certified personal trainer, and certified nutritionist

Each member will be treated with the same level of attention and care as if they were KyleCoaching Silver athletes. They will receive personalized guidance, support, and coaching throughout their training program to ensure they can reach their goals efficiently and effectively.