



ELITE TRAINING – LEVEL II

This training is for athletes who are looking for a personally developed full-season training program. All training is managed by director/owner Todd Schumlick, with the support of trainer Addison Bain. Training is offered in mountain bike (enduro and downhill), moto (motocross, cross-country, and enduro), and various action sports.

Price:

- \$4500.00 CAD + GST (5% tax).
- Note:
 - 50% (\$2250.00 CAD + GST) of fees due prior to training start. Balance of 50% (\$2250.00 CAD + GST) of fees are due within 4 months of initial/first payment.
 - All fees due prior to athlete testing (no exceptions). Invoices will be sent via Stripe (accepts credit card and certain debt cards). No refunds and/or credit for any reason or default (including injury, illness, stop of competition, etc.). Additional 'one-on-one' assistance is available (for a fee / contact for further details).

Duration:

- 10 – 12 months
- Start: Oct. 1 – 15 (pending on individual needs)
- Finish: Sept. 15 - Oct. 1 (again pending on individual needs)
- Note: If 'in-person', it is recommended to spend 1 – 2 days with Todd on location (contact regarding options). If not 'in-person', then all will be supported remotely via email and WhatsApp, including video support.

What's included:

- Mobility testing, fitness testing, and training instruction:
 - Mobility testing: In-person only (options for those who cannot attend in-person).
 - Fitness testing: Option of in-person testing or self-testing.
 - Routine instruction: Option of in-person or via photo/video and WhatsApp assistance.
 - Note: If 'in-person', it is recommended to spend 2 – 3 days with Todd on location. Either is at the expense of athlete. If not 'in-person', then all will be supported remotely via email and WhatsApp, including video support.
- Nutrition guidance and plan:
 - Nutrition analysis.
 - Race preparation.
 - Follow-up support as required.
- Mental fitness:
 - In-person review and chat.
 - Follow-up support (live chat at both mid and finish of training period).
- Training camps:
 - First priority reservations.
 - Various dates (typically fall and spring) and locations.
 - Charges apply (Elite Training Level I & II receive discounts).
- Newsletters:
 - Provided monthly.
 - Covers various topics ranging from training, nutrition, mental, and other ongoing performance research.

Training break-down and schedule:

- Routine 1:
 - Duration: 4 weeks.
 - Strength: Foundation - Part 1 (basic unilateral).
 - Cardiovascular: Foundation - Part 1.
- Routine 2:
 - Duration: 3 weeks.
 - Strength: Foundation - Part 2 (basic bilateral).
 - Cardiovascular: Foundation - Part 2.
- Routine 3:
 - Duration: 3 weeks.
 - Strength: Power (barbell power) - Part 1.
 - Cardiovascular: Power - Part 1.

- Routine 4:
 - Duration: 2 weeks.
 - Strength & Cardiovascular: Maintenance & recovery.
- Routine 5:
 - Duration: 3 weeks.
 - Strength: Strength - Part 1 (secondary unilateral).
 - Cardiovascular: Power - Part 2.
- Routine 6:
 - Duration: 3 weeks.
 - Strength: Power (barbell power) - Part 2.
 - Cardiovascular: Power - Part 3.
- Routine 7:
 - Duration: 2 weeks.
 - Strength: N/A (mobility / recovery).
 - Cardiovascular: N/A (recovery).
- Routine 8:
 - Duration: 4 weeks.
 - Strength: Basic Conditioning (basic strength & conditioning).
 - Cardiovascular: Power - Part 4.
- Routine 9:
 - Duration: 4 weeks.
 - Strength: Dynamic Conditioning (dynamic strength & conditioning).
 - Cardiovascular: Power - Part 5.
- Routine 10:
 - Duration: 2 - 4 week.
 - Strength: Specialized.
 - Cardiovascular: Specialized.
- Routine 11:
 - Duration: 6 weeks (on-season).
 - Strength: Maintenance - Part 1.
 - Cardiovascular: Maintenance - Part 1.
- Routine 12:
 - Duration: 12 weeks (on-season).
 - Strength: Maintenance - Part 2.
 - Cardiovascular: Maintenance - Part 2.

Additional note:

- This training will require access to 1) strength equipment (free weights – dumbbells or kettlebells & barbell, pulley system or resistance bands), 2) stationary bike and RowERG or Assault Bike.
- Routine 1 – 12 training outline/timeline is based on a “general plan”, but could be modified as individual athletes requires (travel, illness/injury, adaptation, individual needs, etc.).
- There are obviously other details that are important in the development of your performance as well, such as on-bike practice, bike/equipment, and more, but we are here to assist where we are qualified and experienced, including fitness, nutrition, and mental guidance. Before you commit to this training, make sure you are someone who enjoys the journey as much as the destination. Achieving ‘your best’ does not happen overnight. Physical and mental performance is achieved over years of development. There is no quick fix. As we often say “You don’t get what you wish for. You get what you work for.”